

## **APPENDICES**

## **ANNEXURE-1**

### **Intervention -yoga and physical training**

**Yoga** a State sponsored & NRHM education on-going residential weekly programs were conducted for school teachers in all the taluks of State by AYUSH every year since 2010.

This program was developed by a committee comprising of senior Yoga experts, psychologists and educationists under the Government's flagship "**Yoga Shikshana Program**". Under this program, 100 Physical education teachers/school teachers from each taluk underwent one-week yoga residential training to impart yoga intervention to Govt. school children in rural sectors in their district/taluk headquarters.

Residential weekly programs for teachers were conducted by BNYS graduates, PhD(yoga) degree holders and other faculties deputed from Ayush, Education and Health departments. Practical's were conducted by Msc yoga experts and others certified in yoga from Mangalore, Dharwad, Svyasa university/ those who underwent TOT training in yoga by AYUSH.

Rural school children were trained in yoga from Govt. higher primary and high schools by these trained teachers under the supervision of Ayush BNYS doctors and yoga coordinators.

A handbook of teachers Yoga manual "**Shikshasarigagi Yoga kaipidi**", "**Makkaligagi Yoga**" Children's Yoga guide book and Yoga charts for schools were designed, printed and published by Ayush department, GOK and was distributed to all Government schools free of cost.

For publications, to train children & 1hour yoga module was decided by a panel with representatives from Ayush, Svyasa and Education department.

**A. Number of randomized schools Assessed in Yoga and physical activity are listed below, also qualified instructors from Ayush and education departments were posted, and other PT and Govt. teachers were trained in yoga as it was State sponsored Program.**

<b>School name * YOGA=1, PA=0 Cross tabulation</b>			
<b>Count</b>			
<b>School name</b>	<b>YOGA=1, PA=0</b>		<b>Total</b>
	<b>Physical activity</b>	<b>Yoga</b>	
<b>GHS Jayanagara shimoga</b>	<b>40</b>	<b>40</b>	<b>80</b>
<b>GHS Kanale Thalaguppa</b>	<b>41</b>	<b>43</b>	<b>84</b>
<b>GHS Kodur shimoga</b>	<b>40</b>	<b>40</b>	<b>80</b>
<b>GHS Subhashnagara.Sagara</b>	<b>40</b>	<b>40</b>	<b>80</b>
<b>Govt High school Kedor</b>	<b>39</b>	<b>44</b>	<b>83</b>
<b>Govt samyutha high school Rajiv Nagar</b>	<b>35</b>	<b>44</b>	<b>79</b>
<b>Morarji Desai Keladi sagar shimoga</b>	<b>39</b>	<b>41</b>	<b>80</b>
<b>Nittore High School</b>	<b>40</b>	<b>40</b>	<b>80</b>
<b>Nivedita high school Bashur</b>	<b>41</b>	<b>41</b>	<b>82</b>
<b>Parkala High School Parkala</b>	<b>36</b>	<b>38</b>	<b>74</b>
<b>Total</b>	<b>391</b>	<b>411</b>	<b>802</b>

**B. YOGA PRACTICE MODULES** (as per the GOK prescribed guidelines for Yoga training given one hour/day between 3pm to 4pm as scheduled at the end of the day).

Sl. No	Practices	Number of rounds	Duration
1.	<b>Loosening practices (<i>Shithilikarana vyayama</i>)</b>	<b>All 4 rounds each</b>	<b>5 minutes</b>
	Neck movements-up, down, left, right, rotation- in <i>sulabhasana</i> sitting posture. Finger stretch & hand joint movements- <i>Parsva hasta cālana</i> (पार्श्व हस्त- चालन) - right, left, rotation clock & anti- clockwise <i>Parshni sandichalana</i> - in standing posture Eye movements- up, down, left, right, rotation <i>Janu sandhi</i> (जानुसन्धि), <i>ura sandhi</i> (उर संधि), <i>kati sandhi</i> (कटी संधि), <i>manibandha sandhi vyayamas</i> -in standing <i>Anguli tadana</i> (अंगुली ताड़ना)		
2.	<b>Instant Relaxation Technique</b>	<b>1 Round</b>	<b>1 minute</b>
3.	<b>Breathing Practices</b>	<b>5 rounds each</b>	<b>5 minutes</b>
	<i>SwasaKriyas</i> - <i>Udaraswasa</i> , <i>Uraswasa</i> (उदर श्वास), <i>Greevaswasa</i> (ग्रीवा श्वास) - in <i>vajrasana</i> (वज्रासन) <i>Poornaswasa</i> in <i>vajrasana</i> वज्रासन <i>Shwanaswasa</i> - <i>Marjalaswasa</i> -		
4	<b><i>Surya Namaskar</i></b> (सुर्यनमस्कार)-Set of practices giving importance to <i>beeja mantra</i> and breathing	<b>5 rounds each</b>	<b>5 minutes</b>
5.	<b>Postures (<i>Asanas</i>)</b>	<b>1 round each</b>	<b>12 minutes</b>
5a	Standing: Cultural / Corrective <i>Asanas</i> <i>Namaskarasana</i> (नमस्कारसन), <i>vrikshasana</i> (वृक्षासन), <i>uttanasana</i> (उत्तानासन)/ <i>padahasthasana</i> (पादाहस्तसन), <i>trikonasana</i> (त्रिकोणासन), <i>ardhakatichakrasana</i> (चक्रासन), <i>virabhadrasana</i> (वीरभद्रासन)	<b>30 seconds each approximately</b>	<b>2.5 minutes</b>
	Relaxation in standing posture	<b>30 seconds</b>	<b>30 seconds</b>

5b	Sitting: <i>Samadandhasana</i> (समदण्डासन), <i>Paschimothanasana</i> (पश्चिमोत्तानासन), <i>baddhakonasana</i> (बद्धकोणासन) <i>jaanushirashasana</i> (जानुशीर्षासन), Twisting Posture: <i>Mareechasana</i> (मरीच्यासना), <i>ardhamathysendrasana</i> (अर्धमत्स्येन्द्रासन)	<b>30 seconds each approximately</b>	<b>3 minutes</b>
5c	Relaxation/Meditative in sitting posture: <i>Vajrasana</i> (वज्रासन)/ <i>Padmasana</i> (पद्मासन)/ <i>sukhasana</i> (सुखासन)/ <i>Gomukhasana</i> (गोमुखासन)	30 seconds	<b>30 seconds</b>
5d	Supine: <i>Pavanmuktasana</i> (पवनमुक्तासन), <i>Ustrasana</i> (उष्ट्रासन), <i>Chakrasana</i> (चक्रासन), <i>sarvangasana</i> (सर्वाङ्गासन), <i>Halasana</i> (हलासन), <i>Merudandasana</i> (मेरुदंडासन), <i>Navasana</i> (नावासन)	<b>20 seconds each</b>	<b>2.5 minutes</b>
	Relaxation in supine position <i>Shavasana</i> (शवासन) with <i>Aa, Uu, Mm, Kara</i>	<b>30 seconds</b>	<b>2.5 minutes</b>
5e	Prone: <i>Bhujangasana</i> (भुजङ्गासन), <i>dhanurasana</i> (धनुरासन), <i>veerasana</i> वीरासन, <i>shalabhasana</i> , <i>makarasana</i> मकरासन	<b>30 seconds each</b>	<b>2.5 minutes</b>
<b>6.</b>	<b><i>Dhyana</i></b>		<b>5 minutes</b>
<b>7.</b>	<b>Cleansing Technique (<i>kriyas</i>):</b> <i>Kapalabhati</i>		<b>1 minute</b>
<b>8.</b>	<b><i>Prāṇāyāma &amp; Dhyana:</i></b> performed with mudras like, <i>Nāsikā, Śaṅmukha,</i> <i>Chinmudra, Chinmayamudrā,</i> <i>Adimudrā, Bramhamudrā.</i>		<b>2 minutes</b>
<b>8a</b>	<i>Anuloma-Vilomaprānāyama</i> (अनुलोम-विलोम) प्राणायाम/ <i>Nadishodhana</i> (नाडी शोधन प्राणायाम ), <i>Chandranuloma, Suryanuloma, Ujjayi</i> उज्जायी, <i>Sheetali</i> (शीतली), <i>Sheetakari</i> (शीतकारी), <i>Sadanta</i> (सदंत) <i>Brahmari</i> (भ्रामरी)-	<b>1 minute each</b>	<b>5 minutes</b>
<b>9.</b>	<i>Shanti mantra, Guru Stuthi, Yoga mantra</i>		<b>5 minutes</b>

## Details of Asanas, Pranayama, Dhyana and Relaxation

Sl.no.	Name of ASANA	method	Benefits
1	<i>Tadasana</i>	Stand straight with legs close by and hands raised above the head palms clasped facing up, stretch entire body as much as possible. Transfer body weight to toes. Twists on either side of the body in this posture greatly benefits.	This posture strengthens back, thighs, knees, and ankles. With the increased strength, power, and mobility in the feet, legs, and hips, it will make children feel refreshed and rejuvenated in all the bodily joints. Balances the body, tones all the nerves, muscles and organs improves concentration when eyes are focused at an image in front
1	<i>Vrikshasana</i>	It's a balancing act on one leg. Stand straight firm on one leg, foot of other leg is placed firmly rested at the interior of the thigh, Both the arms are stretched above the head with <i>namaskara mudra</i> . Steady gaze maintains steady balance of body and the mind.	Improves balance and stability in the legs on a metaphysical level, strengthens the ligaments and tendon and tones the entire standing leg establishing pelvic stability, improves alertness, concentration and equilibrium of the mind.
2	<i>Uttanasana</i>	Intense stretch pose. Standing Forward Bend, with buttocks against wall and toes are grasped in front. It's an intense variant of <i>Padahastasana</i> .	Strengthens thigh and knee, stretches calf and hamstring. Boosts energy.
3	<i>Padahastasana</i>	Stand erect inhale and raise the hands above the head. Exhale slowly bend the head forward towards the knees with palms touching ground on sides of feet. Legs kept straight without bending at knee joint.	Stimulates the nervous system, strengthens spinal nerves and flexibility of back and leg muscles and tones the digestive system. Stimulates appetite, digestion and relieves constipation. Reduces abdominal fat.
4	<i>Trikonasana</i>	Stand straight with hands and legs apart, Exhale and touch the right hand to the ground on right side without bending the knees, Other hand should be raised straight above the level of head and looked up. Repeat on other side. In 2 <sup>nd</sup> variation instead of touching hand to same side of foot bend forwards to opposite	Stimulates the nervous system, strengthens spinal nerves and back muscles and tones the digestive system. Overcomes depression. stimulates appetite, digestion and relieves constipation.

		side, at right angle touching the hand to other foot. Other hand should be raised straight above touching ear and looked up. Repeat on opposite side.	
5	<i>Ardhakatichakrasana</i>	Slowly raise the right hand vertically above the head while breathing in. Then slowly bend the body towards left side, while exhaling.	strengthens and improves the flexibility of the spine and waist. It strengthens and expands the neck, shoulders, chest and abdominal muscles. is good for relieving constipation
6	<i>Veerabhadrasana</i>	Stand straight with the legs wide apart, turn right foot out by 90 degrees and left foot by about 15 degrees. Lift both arms sideways to shoulder level with palms facing upwards. Turn head and look to right stretch further arms while efforts to push the pelvis down.	It strengthens the shoulders, arms, legs, ankles and back. Improves focus, balance and stability. Encourages good circulation and respiration. Stretches the arms, legs, shoulders, neck, belly, groins and ankles. Energizes the entire body.
7	<i>Samadandasana</i>	is a simple seated pose Sit on the floor with your legs together and extended in front of your torso.	Strengthens back muscles. Lengthens and stretches the spine. May help to relieve complications related to the reproductive organs. Stretches shoulders and chest. Nourishes body's resistance to back and hip injuries. Helps to calm brain cells.
8	<i>Paschimottasana</i>	Sit on the floor with legs stretched hands on thighs, exhale relax head and neck, slide the hands forward and grip the toes. Good posterior stretch can be achieved by touching forehead on knees.	Tones abdominal organs, reduces fat, strengthens spinal nerves and muscles, improves flexibility. Prevents diabetes, liver and kidney disorders.
9	<i>Baddhakonasana</i>	Is a butterfly pose. Sit with spine erect on the floor, draw both soles of the feet joined together at inguinal region and are held by the hands, let the knees fall apart at sides the up and down movements of thighs resemble	Stretches thigh, inguinal region and knee. It's a preparation for a meditative seated pose, which require good flexibility in the hips and groin.

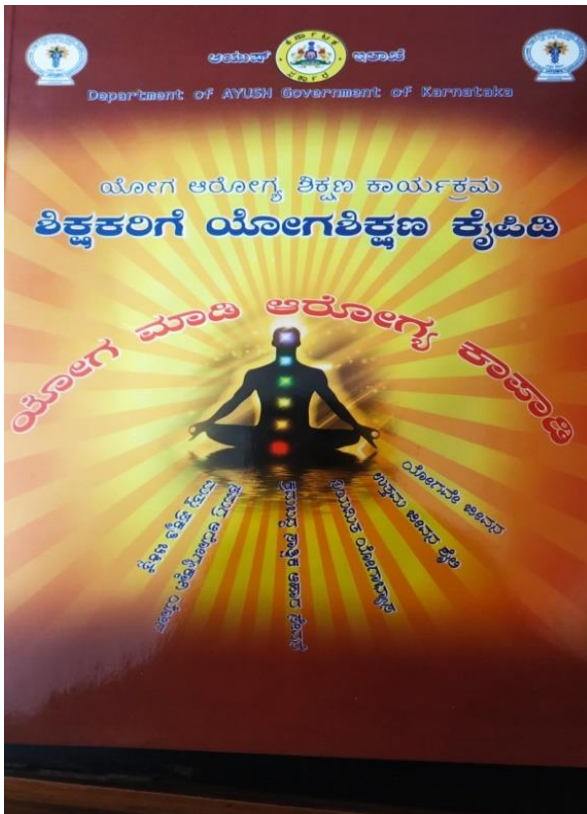
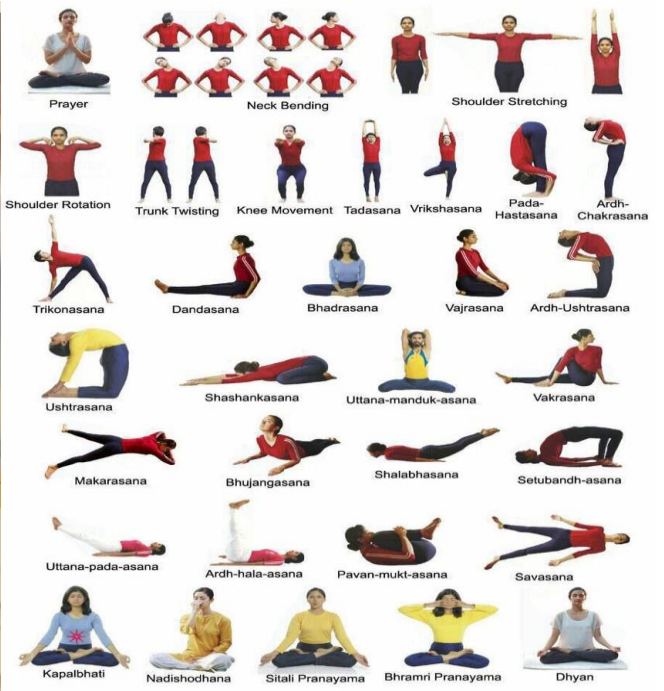
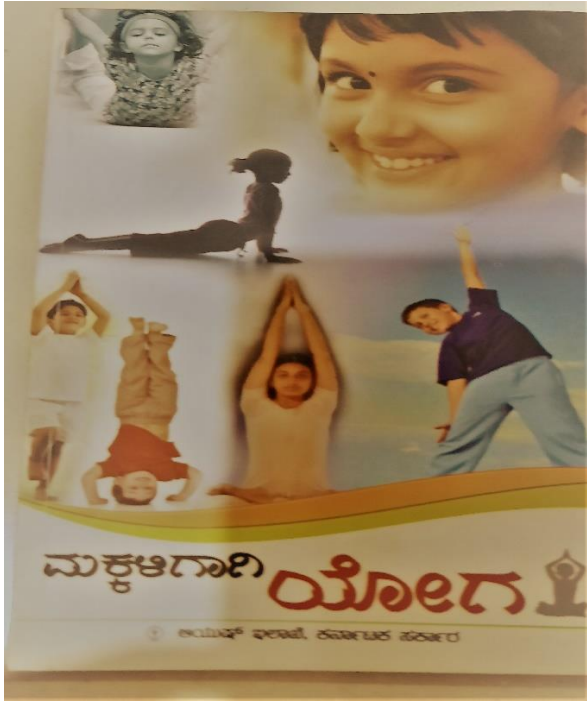
		the stance of a butterfly in motion.	
10	<i>Janushirshasana</i>	Sit with the legs outstretched in front ( <i>Dandasana</i> ). Head to knee pose. Bend the right knee and place the right foot against the left inner thigh, relaxing the knee down. inhale, flex the left foot, press the top of the thigh down, lengthen the spine and raise arms on either side while bending head to knee.	Stretches the spine, shoulders, hamstrings, and groins. Stimulates the liver and kidneys. Improves digestion. Calms the mind and helps relieve mild depression. Relieves anxiety, fatigue and headache.
11	<i>Mareechasana</i>	Sit with the legs outstretched in front ( <i>Dandasana</i> ) Flex the right knee and place the foot firmly on the inner side to left knee of the stretched leg. Move one arm around folded leg and other arm at the back by holding both the hands. Then bend forward head at the knee of stretched leg. Repeat on other side.	<i>Marichyasana</i> helps stretch the spine and shoulders. It also stimulates abdominal organs such as liver and kidneys. It calms and relaxes the mind and body. When done on a regular basis this asana relieves fatigue.
12	<i>Ardhamatsyendrasana</i>	Sit straight fold the left leg place it under right buttock, then fold the right leg and place next to left knee. Half twist the spine and left hand passing right knee holding left foot on the ground. Turn right arm over the lower back, palm touching the thigh, turn neck to right and gaze at the back. Relax and repeat on other side. Practiced under supervision and step by step guidance.	Stretches neck, arms, shoulder, back, thighs and legs. Increased flexibility with half spinal twists helps to activate vital organs of abdomen, reduces fat, relaxes and strengthens spine and its functions.
13	<i>Vajrasana</i>	Sit on folded legs with toes pointing backwards and hands on knees. Keep the back erect & breath normally. Makes meditation easier.	It relieves digestive problems and strengthens spine, lower back, knees. It improves flexibility, mindful awareness and concentration.
14	<i>Padmasana</i>	Sit on the floor with legs straight, hold the right foot bending at knee and place it on left thigh, similarly place the left foot over the right thigh. Make sure that the sole of the feet's pointing upward, and the heel is close to the abdomen.	Its a cross legged posture helps to keep joints and ligaments flexible. Calms the mind, increases awareness, attentiveness and alleviates various physical ailments.

15	<i>Gomukhasana</i>	Sit with legs stretched out. Bend the left leg at knee and bring the foot under the right hip. Then bend the right leg over left leg and draw it towards the hip. See the knees are placed one above the other. Bend the left hand behind and turn the palm up, clasp with the palm of right at the back, look at the elbow. Repeat on other side.	Increases shoulder movements, strengthens leg, stretches back muscles, Stimulates the kidneys and sexual malfunction, helpful in relieving ailments like diabetes. Reduces stress and anxiety.
16	<i>Pavanamuktasana</i>	Lie down supine. Exhale and fold one leg alternately or both the legs and hold hands across knee joints, drawn towards the chest and bring the head as close to the knees.	It tones the organs of digestion, eliminates flatulence and relieves constipation.
17	<i>Ustrasana</i>	Sit on the legs, slowly raise the body above and bend backwards and hold the ankles with both the hands.at the back and slightly push forward the body in front, Bend the head as far back as possible.	This asana is beneficial for digestive, excretory and reproductive systems. It tones the back nerves and muscles, improves flexibility of shoulder, wrist and hip joints.
18	<i>Chakrasana</i>	It is a backbend pose. In supine position, bend the knees and place the feet apart and close to the buttocks, Lift the arms up and place them beneath the shoulders, with the fingers pointing to the shoulder. Exhale and while inhaling lift the buttocks, hips, lower and middle back off the ground. Lift the buttocks, waist and the whole back until the arms and legs are straight. Breathe normally.	It gives great flexibility to the spine.it strengthens buttock, abdomen, vertebral column, Wrist, arm and ankle joints. Stretches back muscles, nerves and improves lungs, adrenals and kidney functions. Relieves stress from the body.
19	<i>Sarvangasana</i>	In this pose whole body is balanced on the shoulders. Lie on the back with hands by the side. With one movement, lift the legs gradually at buttocks and back at right angle to head and neck, support the back with hands. Keep straightening legs and spine. Gaze at toes pointed upwards. Lower the body gradually and relax.	Stretches the shoulders and neck. Tones the legs and buttocks. Calms the mind and relieve stress and mild depression. Stimulates thyroid and prostate glands and abdominal organs. Influences all bodily function. Improves digestion, reduces fatigue and alleviates insomnia.

20	<i>Halasana</i>	With <i>Sarvangasana</i> pose gradually push backwards the legs behind the head in a plough pose. Relax by bringing back the legs to <i>savasana</i> .	Calms the mind. Stimulates the abdominal organs and the thyroid gland. Stretches the shoulders and spine. Reduces stress and fatigue. Therapeutic for backache, headache, infertility, insomnia, sinusitis.
21	<i>Merudandasana</i>	It's a balancing asana on the sacrum and coccyx, the <i>Mooladhara chakra</i> is stimulated. Stretch the legs apart, lift the body and legs to center of the body balancing on hips and holding toes by the hand.	Its good for spine and low back. It increases the lower body flexibility. Strengthens the lower back, Realigns the spine, Tones the abdominal muscles and Improves balance, focus and flexibility.
22	<i>Navasana</i>	Here the arms are stretched in forwarding direction, the thighs are angled at 45-degrees, the shin is perpendicular to the floor, and the feet are raised up and balanced without touching the toes.	Strengthens the arms, thighs shoulders and abdominal muscles. It improves the overall health of abdominal organs especially the liver, pancreas and kidneys also help in regulating the blood flow.
23	<i>Shavasana</i>	Lie supine with legs 1 feet apart, arms resting at sides of the body with palms facing up. Close the eyes and breathe deeply and slowly through the nostrils. Start concentrating one by one from toes to head. At every breath taking be aware of chest movements and the body gets totally relaxed.	All the sensory stimulation and external distractions are ultimately minimized to help the body completely relax. In addition, <i>Shavasana</i> is known as a great way to calm the mind, reduce stress and fatigue, lower blood pressure, relieve headache and improve sleep.
24	<i>Bhujasana</i>	Lie down in prone position palms by the sides of the body at shoulder level. Lift the chin and chest off the floor, toes pointing backwards.	Stimulates the heart, lungs and helps digestion, improves pancreas, liver& kidney functions. Improves flexibility of neck & spine. Relieves stress and fatigue.
25	<i>Dhanurasana</i>	Lie down in prone position, bend both the legs at knees and hold them at ankle joints. Raise legs and head upwards like a bow.	Reduces excess fat in the abdomen and tones the organs and its muscles. Stretches entire body and

			strengthens back muscles.
26	<i>Veerasana</i>	Assume <i>vajrasana</i> , here buttocks are seated on the floor and the feet are kept apart. Palms are placed on the knees facing up. Take deep breaths.	Meditative posture good for flat feet, relieves pain in ankle and knees, aids digestion.
27	<i>Shalabhasana</i>	Lie down in prone (Locust Pose) relax the spine with few breaths. With feet close to each other and chin on the floor, place your hands /arms close to your body to the side, palms facing up, lift both the legs as much as possible, do not bend the knees, weight of the body is transferred to abdomen and ribs. Breath normal for 30secs.	This pose helps to invigorate the whole body, strengthens abdominal muscles, Joints and stimulates the nerves. Reduces stress and increase flexibility, concentration and metabolism.
28	<i>Makarasana</i>	Lie down on the floor in prone position, fold the hands and keep the tip of the elbows on the ground with the fingers facing upwards. Slowly, raise the shoulders and head. Bend the head a little forward and place your chin in your palms.	Its deeply relaxing and restorative, soothing the nervous system, body and the mind. For all asanas Ref.page133-137 (makkaligagi yoga, GOK)
29	<i>Dhyana</i> with different <i>Mudras</i>	<i>Stoola Dhyana, Jyothir Dhyana, Sookshma Dhyana</i>	Ref.page109-113 (makkaligagi yoga, GOK)
30	Different types of <i>Pranayamas</i> with different <i>mudras</i>	a. <i>Anuloma-viloma, chandranuloma,suryanuloma</i> b. <i>suryabhedana,chandrabhedana,</i> c. <i>Nadishodana d.Ujjeyi e.Sheetali</i> f. <i>seetakari g,sadanta h.bramhari</i> I. <i>Kapalabhati kriya</i> (Ref.page 91-99) for different mudras (Ref.page101-107)	(Ref. page 91-99) for different mudras (Ref.page101-107) (makkaligagi yoga, GOK)
	Relaxation	<i>Savasana</i>	

As such there are no side effects of yoga. Children during training are taught about the benefits of yoga, precautions to be taken and intervals of relaxation. **(Ref.book Makkaligagi Yoga published by Department of Ayush,G.O.K).**



## ANNEXURE-2

**PHYSICAL ACTIVITY MODULES** (as per the AYUSH advise /GOK prescribed guidelines for physical education teachers at Government schools given training for students one hour/day) physical activity class was scheduled between 3pm-4pm two hours post lunch every week day in the last period.

1. Physical Activity-Any bodily movement that results in energy expenditure (e.g., walking, running around the field, Warming up and other joint movements).
2. Health-related fitness-Abilities to perform physical activities which improve endurance, strength, and flexibility that includes: cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, and body composition. (Stretches, Running, balancing on leg, broad jump).
3. Any other Exercises/physical activity that is planned, structured, and repetitive for improving or maintaining one or more components of fitness based on the availabilities/provided by the schools.

Sl. No	Practices	Number of rounds	Duration
1.	<b>Warming up and Joint exercises</b>	<b>All 5 rounds each</b>	<b>15 minutes</b>
	Warming up, Neck movements, Arm Swing, Side arm stretch Hip, Ankle and foot joints (Drill exercises, Leg Swing, jumping, jogging /skipping etc).		
2.	<b>Stretches-</b> Shoulder, Triceps, Butterfly, Straddle, Quadriceps, Calf muscle, Knee lunge, Side lunge, Cross over toe touch (9) <b>Relaxation</b>	<b>Everyround-1minute</b>	<b>15 minutes</b>
3.	<b>Physical activity Practices</b> Fast walking/running, or play-football/kho-kho/throwball	<b>5 times around the field/Play</b>	<b>20 minutes</b>
4	<b>Health-related fitness like</b> balancing on one leg, Standing broad jump	<b>3 rounds each</b>	<b>6 minutes</b>
5.	<b>Any other activities /rest</b>		<b>2 minutes</b>

6.	Prayer		2 minutes
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**DETAILS OF PHYSICAL ACTIVITY MODULE:**

**WARMING UP EXERCISES**-arm swing, leg swing, jogging, jumping, side arm stretches, arms wide. This exercise works the arm and shoulder muscles. Stand with arms outstretched and thumbs pointing down. Gently push arms back as if squeezing a ball between the shoulder blades. Alternatively, slowly rotate the arms so that thumbs are pointing up. Hold; then rotate back to the first position. Hold again, gently squeezing arms back. Repeat a few times, always moving slowly.

**STRETCHES**

- **SHOULDER STRETCH**

Reach the right arm straight out in front of you. Bend the left arm and put the left wrist on the back of the right arm, just above the elbow. Your left palm will be facing to the side. Use the left arm to gently press the right arm across your body until you feel a good stretch. Hold for 10 to 30 seconds. Switch arms and repeat.

- **TRICEPS STRETCH**

This stretch works the muscle on the back of the upper arm. Raise the right arm up overhead, palm facing in towards your head. Then bend the elbow so your fingers touch, or reach toward, the middle of your upper back. Grab the right elbow with the left hand and gently pull back until you feel the stretch in the right triceps. Hold for 10 to 30 seconds. Then switch arms and repeat.

- **KNEE LUNGE**

This may seem like a leg stretch, but it actually works the muscles in the groin. Start by kneeling on a mat or soft surface. Keeping your back straight, place your left foot on the ground and gently press forward until the knee is bent at a 90-degree angle (knee directly over the ankle). This stretches the left hip and groin. Place hands or elbows on left knee to stabilize and hold for 10 to 30 seconds, without bouncing. Switch legs and repeat.

- **BUTTERFLY STRETCH**

Kids are usually quite adept at the butterfly stretch, which works the inner thighs and echoes the crisscross pose they may sit in anytime they're on the floor. This is also sometimes known as the lotus position—although a true lotus pose requires the feet and ankles to rest on the thighs, which is very challenging. In a seated position, place the soles of the feet together and hold them with the hands. The legs are now forming the butterfly "wings." Elbows can be between the legs or resting on the knees. Gently press the knees down to increase the stretch. To add a spine, stretch, bend forward from the upper back and reach forehead toward feet.

- **STRADDLE STRETCH**

Sit on the ground or a mat with legs apart. The width of the straddle is up to you—whatever feels comfortable and a little challenging, without causing any pain. Once seated, bend slowly over the right leg, then to the center, then over the left leg. Hold each position for at least 10 to 30 seconds, without bouncing. These stretches work the lower back, inner thighs, and hamstrings (the large muscles on the back of the thighs).

- **QUADRICEPS STRETCH**

This move stretches the large muscles on the front of the thighs that we use for running. Stand facing the back of a chair (a wall or a tree also works; you just need support for balance). With the left arm on the chair, bend the right leg and grab it with the right hand. Gently press the foot toward the body until you feel the stretch in the front of the thigh. Hold for 10 to 30 seconds, and then switch legs. You can also do this stretch with your opposite arm holding the foot. It is slightly more challenging to balance this way, but having the chair helps.

- **CALF STRETCH**

Place your forearms on a wall. Stand with one leg near the wall. Extend the other leg back, keeping the heel on the ground, until you feel the stretch in the calf muscle (back of lower leg). Hold for 10 to 30 seconds without bouncing. Switch sides and repeat on the other leg. This stretch feels good after running or walking.

- **SIDE LUNGE**

This stretch works the inner thighs, also called the adductors and the hips. Stand up straight with legs apart, wider than hip distance. Bend one leg to a 90-degree angle and keep the other leg stretched out straight, with toes and heels pointing out at about a 45-degree angle. Feel the stretch in the inner thigh and hold for 10 to 30 seconds. Keep back straight. Switch sides and repeat.

- **CROSSOVER TOE TOUCH**

Stretch the back and the hamstrings with a toe touch. Stand with arms hanging loosely at sides and feet together, with knees very slightly bent. Slowly roll down from the back and reach toward the toes with your hands. Touching them is optional! Hold the stretch without bouncing. For a variation, cross the legs while standing. You can also work on toe touches in a seated position. Always keep a slight bend in the knees. Remember, not everyone can touch their toes. Just reach as far as you can without pain. A little discomfort or tension is okay.

- **HAMSTRING STRETCH**

In a seated position, extend the left leg straight forward, toes pointing up. Bend the right leg and place the sole of the right foot along the knee or inner thigh of the left leg. Reach forward toward the toes of the left foot until you feel the hamstring stretch (your hamstring muscle is on the back of your thigh). Hold for 10 to 30 seconds without bouncing. Switch legs and repeat. This stretch is sometimes called a hurdler's stretch since it mimics the position of a runner's legs as she jumps over a hurdle.

### **C. Play Activities**

- **FOOTBALL, THROWBALL, KHOKHO**

## **ANNEXURE 3**

### **INFORMED CONSENT FORM (in English & Kannada)**

#### **EVALUATION OF EFFECTS OF YOGA PROGRAM VS PHYSICAL TRAINING ON PERFORMANCE MEASURES IN SCHOOL CHILDREN: A RANDOMIZED CONTROLLED STUDY**

##### **Contact Information:**

**Dr. Satish Vhavle**

Principal Investigator

Dept. of AYUSH

Dhanvantri Rd,

Bangalore – 560009

Ph-9449847851, 09916488864

##### **Description of Study:**

Educators, researchers, and health care providers working with children have long been interested in understanding what causes children with average intelligence to suffer from academic underachievement, particularly when these academic difficulties are not the result of physical, social and environmental factors. Behavioral problems in children including mood disorders, emotional distress, peer pressures and adjustment problems are all said to contribute towards academic underachievement. For example, emotional distress, disrupted cognitive functioning, and deterioration in academic performance have all been theorized to be possible results of depressive moods and stress.

In this study we will evaluate the effects of two physical activity interventions such as yoga and physical training on mood states, psychomotor speed, physical performance, memory, attention span and learning in children studying in higher primary school (7<sup>th</sup>- 8<sup>th</sup> standard).

You will be allocated to receive either a yoga program or a physical training program for next two

months. Neither you nor your teacher/ instructor will have a say in which training you will receive. You will be asked to perform physical tests in field such as broad jump, running 20 meters repeatedly to instructions until fatigued, balancing on one leg and sit ups which will take approximately half a day. You will also be asked to perform paper pencil tests in groups and individually to test for memory, learning, attention span and psychomotor speed. These tests will be carried out before starting yoga and two months after the intervention by study personnel and qualified doctors. You will not be provided report of these tests and you can excuse yourself from any of these tests if you feel uncomfortable to perform. Your class teacher will also rate your performance in academics before and after the intervention period.

**Risks to the Participant:** There are no significant risks involved with participation in this study except for fatigue in field tests (shuttle run tests). The information that is furnished and the assessment will be kept confidential without revealing your identity.

**Benefit to the Participant:** There are no direct benefits to you. However, it is hoped that your participation will help Researchers and Doctors learn more about benefits of yoga and physical training on your performance measures and behavior. Results from this study will probably help design new interventions to improve performance in children. If you have any concerns about the risks or benefits of participating in this study, you can contact Dr Satish Vhavle at the number provided in the first page.

**Cost and Payments to the Participant:** There is no cost for participation in this study. Participation is completely voluntary and no payment will be provided.

**Confidentiality:** Information obtained in this study is strictly confidential unless disclosure is required by law. You will be assigned a research number, rather than your name, which will be recorded on the assessments done. All data will be secured in a locked filing cabinet. Your name will not be used in the reporting of information in publications or presentations. However, they will be made available to other workers of the study/IEC and medical regulatory authorities.

**Participant’s Right to withdraw from the Study:** You have the right to refuse to participate in this study, the right to withdraw from this study and right to have your data destroyed at any point during or after the study, without penalty, except in situations that violate state and/or federal law and regulations. You will not lose any benefits to which you are otherwise entitled to.

In case of any intentional/serious harm resulting from participation in the study, you may contact the Investigator Dr.Satish Vhavle. For your rights in the study you may contact the Institutional Ethics Committee Chairman \_\_\_\_\_ at \_\_\_\_\_.

**Voluntary Consent by the Participants guardian/ parents**

Participation in this research project by your ward is completely voluntary. Your consent is required for your wards participation in this research.

**Declaration by the guardian / parents**

I have read this consent form (or it has been read to me) and I fully understand the contents of this document and voluntarily consent to allow my ward participate. All of my questions concerning this research have been answered in the language I understand. If I have any questions in the future about this study, they will be answered by the investigator mentioned above or his staff. I understand that this consent ends at the conclusion of this study.

**Voluntary Consent by the Parents/ guardian**

Participation in this study is completely voluntary and your consent is required before you can participate in this study.

Please initial box (Subject)

(i) I confirm that I have read and understood the information sheet dated \_\_\_\_\_ for the above study and have had the opportunity to ask [ \_\_\_\_\_ ] questions.

(ii) I understand that my wards participation in this study is voluntary and that I am free to withdraw at any time, without giving any reason, without [ ] my medical care or legal rights being affected.

(iii) I understand that the Investigators, the Ethics Committee and the regulatory authorities will not need my permission to look at my health records both in respect of the current study and any further research that may [ ] be conducted in relation to it, even if I withdraw from the trial. I agree to this access. However, I understand that my identity will not be revealed in any information released to third parties or published.

(iv) I agree not to restrict the use of any data or results that arise from this study provided such a use is only for scientific purpose(s) [ ]

(v) I agree to take part in the above study. [ ]

Signature (or Thumb impression) of the \_\_\_\_\_

Subject/Legally Acceptable Representative/ parent/guardian: Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signatory's Name: \_\_\_\_\_

Signature of the Investigator: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Study Investigator's Name: Dr Satish Vhavle

## ತಿಳುವಳಿಕೆ ಸಮ್ಮತಿ ನಮೂನೆ (Kannada consent form)

ಯೋಗ ಕಾರ್ಯಕ್ರಮದ ಪರಿಣಾಮಗಳು ಗಿಖ ಶಾಲಾ ಮಕ್ಕಳಲ್ಲಿ ದೈಹಿಕ ತರಬೇತಿ ಕುರಿತ ಸಾಧನೆಯ ಮೌಲ್ಯಮಾಪನ : ಒಂದು ಮುಕ್ತ ನಿಯಂತ್ರಣ ಅಧ್ಯಯನ

ಸಂಪರ್ಕ ಮಾಹಿತಿ :

ಡಾ.ಸತೀಶ್ ವಾಘ್ಲೆ

ಪ್ರಧಾನ ಸಂಶೋಧಕರು, ಆಯುಷ್ ಇಲಾಖೆ

ಧನ್ವಂತರಿ ರಸ್ತೆ, ಬೆಂಗಳೂರು 560009

ಫೋನ್ : 9449847851, 09916488864

ಅಧ್ಯಯನ ವಿವರ :

ಮಕ್ಕಳೊಂದಿಗೆ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತಿರುವ ಶಿಕ್ಷಕರು, ಸಂಶೋಧಕರು, ಹಾಗೂ ಆರೋಗ್ಯ ಆರೈಕೆ ಒದಗಿಸುತ್ತಿರುವವರು ಮಕ್ಕಳು ಸರಾಸರಿ ಬುದ್ಧಿವಂತಿಕೆಯೊಂದಿಗೆ ನಿರೀಕ್ಷಿತ ಶೈಕ್ಷಣಿಕ ಸಾಧನೆಯ ಕೊರತೆಯಿಂದ ಬಳಲಲು ಕಾರಣಗಳೇನು ಎಂಬುದನ್ನು ಅರ್ಥ ಮಾಡಿಕೊಳ್ಳಲು ಬಹು ಹಿಂದಿನಿಂದಲೂ ಆಸಕ್ತಿ ಹೊಂದಿದ್ದಾರೆ. ನಿರ್ದಿಷ್ಟವಾಗಿ ಇಂಥ ಶೈಕ್ಷಣಿಕ ಅಡಚಣೆಗಳಿಗೆ ದೈಹಿಕ, ಸಾಮಾಜಿಕ ಹಾಗೂ ಪರಿಸರ ಅಂಶಗಳು ಕಾರಣವಲ್ಲ ಎಂಬ ಸಂಗತಿ ಹಿನ್ನೆಲೆಯಲ್ಲಿ ಈ ವಿಷಯ ಮಹತ್ವ ಪಡೆದುಕೊಂಡಿದೆ. ಭಾವನೆಗಳ ದೋಷಗಳು, ಭಾವನಾತ್ಮಕ ಸಂಕಷ್ಟ, ಶಿಕ್ಷಕರಿಂದ ಮಕ್ಕಳ ಮೇಲೆ ಒತ್ತಡಗಳು ಹಾಗೂ ಹೊಂದಾಣಿಕೆ ತೊಂದರೆಗಳು ಸೇರಿದಂತೆ ಮಕ್ಕಳಲ್ಲಿನ ನಡವಳಿಕೆ ಸಮಸ್ಯೆಗಳು ಇವುಗಳೆಲ್ಲವೂ ಶೈಕ್ಷಣಿಕ ಸಾಧನೆಯ ಕೊರತೆಗೆ ಕೊಡುಗೆ ನೀಡುತ್ತವೆ ಎಂದು ಹೇಳಲಾಗಿದೆ. ಉದಾಹರಣೆಗೆ, ಭಾವನಾತ್ಮಕ ಸಂಕಷ್ಟ, ಮಾನಸಿಕ ಗೊಂದಲ ಹಾಗೂ ಶೈಕ್ಷಣಿಕ ಸಾಧನೆ ಹದಗೆಡುವಿಕೆಗೆ ಹತಾಶೆಯ ಭಾವನೆಗಳು ಹಾಗೂ ಒತ್ತಡದ ಸಂಭವನೀಯ ಫಲಿತಾಂಶಗಳು ಕಾರಣವೆಂದು ಸೈದ್ಧಾಂತಿಕವಾಗಿ ವ್ಯಾಖ್ಯಾನಿಸಲಾಗಿದೆ.

ಈ ಅಧ್ಯಯನದಲ್ಲಿ ನಾವು ಉನ್ನತ ಪ್ರಾಥಮಿಕ ಶಾಲೆ (7ನೇ-8ನೇ ತರಗತಿ) ಮಕ್ಕಳ ಭಾವನಾತ್ಮಕ ಸ್ಥಿತಿಗಳು, ಮನಸ್ಸಿನ ವೇಗ, ದೈಹಿಕ ಸಾಮರ್ಥ್ಯ, ಸ್ಮರಣ ಶಕ್ತಿ, ಏಕಾಗ್ರತೆ ಅವಧಿ ಹಾಗೂ ಕಲಿಕೆಯಂಥ ಮಧ್ಯಸ್ಥಿಕೆಯ ಯೋಗ ಹಾಗೂ ದೈಹಿಕ ತರಬೇತಿಯ ಎರಡು ದೈಹಿಕ ಚಟುವಟಿಕೆಗಳ ಪರಿಣಾಮಗಳ ಮೌಲ್ಯಮಾಪನ ಮಾಡಲಿದ್ದೇವೆ.

ನೀವು ಮುಂದಿನ ಎರಡು ತಿಂಗಳ ಕಾಲ ಯೋಗ ಕಾರ್ಯಕ್ರಮ ಅಥವಾ ದೈಹಿಕ ತರಬೇತಿ ಕಾರ್ಯಕ್ರಮ ಇವೆರಡರಲ್ಲಿ ಒಂದನ್ನು ಮಂಜೂರಾಗಿ ಸ್ವೀಕರಿಸಲಿದ್ದೀರಿ. ನೀವು ಇಲ್ಲವೇ ನಿಮ್ಮ ಶಿಕ್ಷಕರು/ತರಬೇತುದಾರರು ನೀವು ಯಾವ ತರಬೇತಿ ಸ್ವೀಕರಿಸಲಿದ್ದೀರಿ ಎಂಬುದನ್ನು ತಿಳಿಸುವರು. ಉದ್ದ ಚಿಗಿತ, 20 ಮೀಟರ್‌ಗಳ ಪುನರಾವರ್ತಿತ ಓಟದಂಥ ಮೈದಾನದಲ್ಲಿ ದೈಹಿಕ ಪರೀಕ್ಷೆಗಳನ್ನು ಮಾಡುವಂತೆ ನಿಮಗೆ ಸೂಚಿಸಬಹುದು. ಆಯಾಸವಾಗುವ ತನಕ, ಒಂದು ಕಾಲಿನಲ್ಲಿ ಸಮತೋಲನ ಮಾಡುವುದು, ಮತ್ತು ಪುನರಾವರ್ತಿತ ಮಲಗಿ ಕುಳಿತುಕೊಳ್ಳುವುದು (ಖುಣಣಾಠಿ) ಇಂತಹ ದೈಹಿಕ ಚಟುವಟಿಕೆಗಳಿಗೆ ಸುಮಾರು ಅರ್ಧ ದಿನ ಬೇಕಾಗುತ್ತದೆ. ವೈಯುಕ್ತಿಕವಾಗಿ ಜ್ಞಾಪಕ ಶಕ್ತಿ, ಏಕಾಗ್ರತೆ ಅವಧಿ ಮತ್ತು ಮನಸ್ಸಿನ ವೇಗಕ್ಕಾಗಿ ಪರೀಕ್ಷೆಗಳು ನಡೆಸುವುದು ಮತ್ತು ಸಮೂಹಗಳಲ್ಲಿ ಪೇಪರ್ ಪೆನ್ಸಿಲ್ ಪರೀಕ್ಷೆ ನಡೆಸಲು ಸಹ ನಿಮಗೆ ತಿಳಿಸಬಹುದು. ಇಂತಹ ಪರೀಕ್ಷೆಗಳನ್ನು ಯೋಗ ಕಾರ್ಯಕ್ರಮ ಆರಂಭಿಸುವುದಕ್ಕೂ ಮುನ್ನ ಹಾಗೂ ಅಧ್ಯಯನ ನಡೆಸುವ ಸಿಬ್ಬಂದಿ ಮತ್ತು ನುರಿತ ವೈದ್ಯರಿಂದ ಯೋಗ ಮತ್ತು ಶಾರೀರಿಕ ತರಬೇತಿಯನ್ನು ನೀಡಿ, ಕಾರ್ಯಕ್ರಮದ ಎರಡು ತಿಂಗಳ ನಂತರ ಮತ್ತೊಮ್ಮೆ ಪರೀಕ್ಷೆ ನಡೆಸಲಾಗುವುದು. ಇಂತಹ ಪರೀಕ್ಷೆಗಳ ವರದಿಯನ್ನು ನಿಮಗೆ ಒದಗಿಸುವುದಿಲ್ಲ ಹಾಗೂ ನಿಮಗೆ ಮಾಡಲು ಅನಾನುಕೂಲ ಎಂಬ ಭಾವನೆ ಉಂಟಾದರೆ ಇಂತಹ ಯಾವುದೇ ಪರೀಕ್ಷೆಗಳಿಂದ ನಿಮಗೆ ಮನ್ನಾ ಮಾಡಲಾಗುತ್ತದೆ. ಮಧ್ಯಸ್ಥಿಕೆಯ

(ಉಚಿತಜೀವನಚಟುವಟಿಕೆ) ಅವಧಿಗೆ ಮುನ್ನ ಮತ್ತು ನಂತರ ಶೈಕ್ಷಣಿಕವಾಗಿ ನಿಮ್ಮ ಸಾಧನೆಯ ಶ್ರೇಯಾಂಕವನ್ನು ಶಿಕ್ಷಕರು ಗಣತಿಗೆ ತೆಗೆದುಕೊಳ್ಳುವರು.

ಅಭ್ಯರ್ಥಿಯ ಗಂಡಾಂತರಗಳು : ಮೈದಾನದ ಪರೀಕ್ಷೆಗಳಲ್ಲಿ (ಓಟದ ಪರೀಕ್ಷೆಗಳು) ದಣವು, ಆಯಸವನ್ನು ಹೊರತುಪಡಿಸಿದರೆ, ಈ ಅಧ್ಯಯನದಲ್ಲಿ ಭಾಗವಹಿಸುವುದರಿಂದ ಯಾವುದೇ ಗಮನಾರ್ಹ ಆತಂಕ ಮತ್ತು ಗಂಡಾಂತರಗಳು ಇರುವುದಿಲ್ಲ. ನಿಮ್ಮ ಗುರುತನ್ನು ಬಹಿರಂಗಗೊಳಿಸದೇ ನೀಡಲಾಗುವ ಮಾಹಿತಿ ಮತ್ತು ಮೌಲ್ಯಮಾಪನವನ್ನು ಗೋಪ್ಯವಾಗಿ ಇಡಲಾಗುತ್ತದೆ.

ಅಭ್ಯರ್ಥಿಯ ಅನುಕೂಲಗಳು : ನಿಮಗೆ ಯಾವುದೇ ನೇರ ಅನುಕೂಲಗಳು ಮತ್ತು ಪ್ರಯೋಜನಗಳು ಇರುವುದಿಲ್ಲ. ಆದಾಗ್ಯೂ ನಿಮ್ಮ ಸಾಧನೆ ಕ್ರಮಗಳು ಮತ್ತು ನಡವಳಿಕೆಯ ಯೋಗ ಮತ್ತು ದೈಹಿಕ ತರಬೇತಿಯ ಅನುಕೂಲಗಳ ಬಗ್ಗೆ ಹೆಚ್ಚು ತಿಳಿಯಲು ನಿಮ್ಮ ಭಾಗವಹಿಸುವಿಕೆಯು ಸಂಶೋಧಕರು ಮತ್ತು ವೈದ್ಯರಿಗೆ ನೆರವಾಗುವ ಭರವಸೆ ಇದೆ. ಈ ಅಧ್ಯಯನದ ಫಲಿತಾಂಶಗಳಿಂದ ಮಗುವಿನ ಸಾಧನೆ-ಸಾಮರ್ಥ್ಯವನ್ನು ಹೆಚ್ಚಿಸಲು ಹೊಸ ವಿಧಾನದ ಮಧ್ಯಸ್ಥಿಕೆ ವಿನ್ಯಾಸಗೊಳಿಸಲು ಈ ಅಧ್ಯಯನ ನೆರವಾಗುತ್ತದೆ.

ಈ ಅಧ್ಯಯನದಲ್ಲಿ ಭಾಗವಹಿಸುವುದರಿಂದ ಗಂಡಾಂತರಗಳು ಅಥವಾ ಅನುಕೂಲಗಳ ಬಗ್ಗೆ ಯಾವುದೇ ಆತಂಕಗಳು ಇದ್ದಲ್ಲಿ, ನೀವು ಡಾ.ಸತೀಶ್ ವಾವ್ಲೆ ಅವರನ್ನು ಮೊದಲ ಪುಟದಲ್ಲಿ ನೀಡಲಾಗಿರುವ ಅವರ ದೂರವಾಣಿ ಸಂಖ್ಯೆ ಮೂಲಕ ಸಂಪರ್ಕಿಸಬಹುದು. ಅಭ್ಯರ್ಥಿಗೆ ವೆಚ್ಚ ಮತ್ತು ಹಣ ಪಾವತಿ ಮಾಹಿತಿ : ಈ ಅಧ್ಯಯನದಲ್ಲಿ ಭಾಗವಹಿಸಲು ಯಾವುದೇ ವೆಚ್ಚವಿಲ್ಲ. ಭಾಗವಹಿಸುವಿಕೆಯು ಸಂಪೂರ್ಣ ಸ್ವಯಂ ಪ್ರೇರಿತವಾಗಿದ್ದು, ಯಾವುದೇ ಹಣ ಪಾವತಿ ಒದಗಿಸುವುದಿಲ್ಲ.

ಗೋಪ್ಯತೆ : ಕಾನೂನಿನ ಅನ್ವಯ ಅಗತ್ಯವಿದ್ದಲ್ಲಿ ಬಹಿರಂಗಗೊಳಿಸುವುದನ್ನು ಹೊರತುಪಡಿಸಿದಂತೆ ಈ ಅಧ್ಯಯನದಿಂದ ಲಭಿಸಿದ ಮಾಹಿತಿಯನ್ನು ಕಟ್ಟುನಿಟ್ಟಾಗಿ ಗೋಪ್ಯವಾಗಿ ಇಡಲಾಗುವುದು. ನಿಮ್ಮ ಹೆಸರಿನ ಬದಲಿಗೆ ಸಂಶೋಧನೆ ಸಂಖ್ಯೆಯನ್ನು ನಿಮಗೆ ನೀಡಲಾಗುತ್ತದೆ. ಇದನ್ನು ಮೌಲ್ಯಮಾಪನಗಳನ್ನು ನಡೆಸಿದಾಗ ದಾಖಲಿಸಲಾಗುತ್ತದೆ. ಎಲ್ಲ ಮಾಹಿತಿ ಮತ್ತು ದತ್ತಾಂಶಗಳನ್ನು ಲಾಕ್ ಮಾಡಿದ ಫೈಲಿಂಗ್ ಕ್ಯಾಬಿನೆಟ್‌ನಲ್ಲಿ ಸುರಕ್ಷಿತವಾಗಿ ಇಡಲಾಗುತ್ತದೆ. ಪ್ರಕಟಣೆ ಅಥವಾ ಪ್ರಾತ್ಯಕ್ಷಿಕೆಯಲ್ಲಿನ ಮಾಹಿತಿ ವರದಿಯಲ್ಲಿ ನಿಮ್ಮ ಹೆಸರನ್ನು ಬಳಸಲಾಗುವುದಿಲ್ಲ. ಆದಾಗ್ಯೂ, ಅವುಗಳನ್ನು ಇತರ ಅಧ್ಯಯನ/ಐಇಸಿ ನಡೆಸುವ ಸಿಬ್ಬಂದಿ ಮತ್ತು ವೈದ್ಯಕೀಯ ನಿಬಂಧನಾ ಅಧಿಕಾರಿಗಳಿಗೆ ಒದಗಿಸಲಾಗುತ್ತದೆ.

ಅಧ್ಯಯನದಿಂದ ಹಿಂದೆ ಸರಿಯುವ ಅಭ್ಯರ್ಥಿಯ ಹಕ್ಕು : ರಾಜ್ಯ ಮತ್ತು/ಅಥವಾ ಒಕ್ಕೂಟ ಕಾನೂನು ಮತ್ತು ನಿಬಂಧನೆಗಳ ಉಲ್ಲಂಘನೆ ಪರಿಸ್ಥಿತಿಗಳನ್ನು ಹೊರತುಪಡಿಸಿ, ಯಾವುದೇ ದಂಡವಿಲ್ಲದೇ ಈ ಅಧ್ಯಯನದಲ್ಲಿ ಭಾಗವಹಿಸುವಿಕೆಯನ್ನು ನಿರಾಕರಿಸುವ ಹಕ್ಕು, ಅಧ್ಯಯನದಿಂದ ಹಿಂದಕ್ಕೆ ಸರಿಯುವ ಹಕ್ಕು ಹಾಗೂ ಅಧ್ಯಯನದ ಅವಧಿ ಅಥವಾ ನಂತರದ ಯಾವುದೇ ಸಮಯದಲ್ಲಿ ನಿಮ್ಮ ಮಾಹಿತಿಯನ್ನು ನಾಶಪಡಿಸುವ ಹಕ್ಕು ನಿಮಗಿದೆ. ನೀವು ಪಡೆಯಲು ಅರ್ಹವಾಗುವ ಯಾವುದೇ ಅನುಕೂಲಗಳನ್ನು ನೀವು ಕಳೆದುಕೊಳ್ಳುವುದಿಲ್ಲ.

ಅಧ್ಯಯನದಲ್ಲಿ ಭಾಗವಹಿಸುವುದರಿಂದ ಯಾವುದೇ ಉದ್ದೇಶಪೂರ್ವಕ /ಗಂಭೀರ ಹಾನಿಯ ಪ್ರಕರಣದಲ್ಲಿ ನೀವು ಪ್ರಧಾನ ತನಿಖಾಧಿಕಾರಿ ಡಾ.ಸತೀಶ್ ವಾವ್ಲೆ ಅವರನ್ನು ಸಂಪರ್ಕಿಸಬಹುದು. ಅಧ್ಯಯನದಲ್ಲಿ ನಿಮ್ಮ ಹಕ್ಕುಗಳಿಗಾಗಿ ನೀವು ಇಲ್ಲಿ----- ಸಾಂಸ್ಥಿಕ ನೈತಿಕ ಸಮಿತಿ ಅಧ್ಯಕ್ಷರಾದ-----ಇವರನ್ನು ಸಂಪರ್ಕಿಸಬಹುದು.

ಸ್ಪರ್ಧಿಗಳ ಪಾಲಕರು/ಪೋಷಕರಿಂದ ಸ್ವಯಂ ಸಮ್ಮತಿ



स्वामी विवेकानन्द योग अनुसंधान संस्थान  
**Swami Vivekananda Yoga Anusandhāna Samsthāna**

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore - 560 019

Ph: 080 - 2661 2669, Telefax: 080 - 2660 8645

E-mail: svyasa@svyasa.org Website: www.svyasa.org

**RES/IEC-SVYASA/10/2013**

**09 October 2018**

To,  
Dr. Satish V. P.,  
PhD Scholar,  
S-VYASA University,  
Bengaluru.

Reference:

"Evaluation of Effects of Yoga vs Physical training on performance measures in school children - A Randomized Control Study", -  
Committee Approval of the above mentioned study.

**Dear Dr. Satish V. P,**

We have received from you the following study related documents vide your letter dated 7 January 2013.

- |   |                       |
|---|-----------------------|
| 1 | Project Proposal      |
| 2 | Informed consent form |

Ethics committee meeting was held on 20 January 2013 between 2:00 PM and 5:00 PM at Eknath Bhavan, Bengaluru. Above documents were examined and discussed in the meeting. After due consideration, the committee has decided to approve conducting the aforementioned study.

**APPROVED**

**INSTITUTIONAL ETHICS COMMITTEE  
SVYASA, BANGALORE**



# स्वामी विवेकानन्द योग अनुसंधान संस्थान

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E-mail: [svyasa@svyasa.org](mailto:svyasa@svyasa.org) Website: [www.svyasa.org](http://www.svyasa.org)

This is to confirm that neither Dr. Satish V. P nor any staff participating in this study were involved in the voting procedures and decision making.

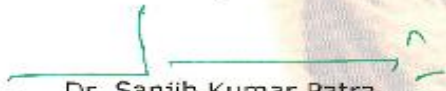
The Institutional Review Board / Institutional Ethics Committee (IEC) are expected to be informed about the progress of the study / any changes in the protocol and patient information / informed consent. The investigators are also expected to submit a copy of the final report to IEC for records.

This approval is valid up to the completion of the study at the site.

Please submit to the IEC, the status report of the study as per the SOPs.

The IEC is organized & operates according to the requirements of ICH-GCP, Indian Council of Medical Research Guidelines & Schedule Y.

Best Wishes,

  
Dr. Sanjib Kumar Patra,  
Member Secretary,  
Institutional Ethics Committee,  
S-VYASA, Bengaluru.



**ಕರ್ನಾಟಕ ಸರ್ಕಾರ**  
**ಆಯುಷ್ ಇಲಾಖೆ**

ಸಂಖ್ಯೆ:ಆಯುಷ್/48/ಸಿಬ್ಬಂದಿ(3)/2009-10. ಆಯುಷ್ ನಿರ್ದೇಶನಾಲಯ,  
ಧನ್ವಂತರಿ ರಸ್ತೆ,  
ಬೆಂಗಳೂರು, ದಿನಾಂಕ:27-11-2012.

**ಹಿಂಬರಹ**

ವಿಷಯ:- No Objection Certificate ನೀಡುವ ಬಗ್ಗೆ.

ಉಲ್ಲೇಖ:- ನಿರ್ದೇಶನಾಲಯದ ಪತ್ರ ದಿನಾಂಕ:06-06-2011.

\*\*\*\*\*

ಉಲ್ಲೇಖಿತ ಪತ್ರದಲ್ಲ ನಿರ್ದೇಶನಾಲಯದಿಂದ ತಮಗೆ ಬಾಹ್ಯ ಅಭ್ಯರ್ಥಿಯಾಗಿ  
ಪಿ.ಹೆಚ್.ಡಿ ವ್ಯಾಸಂಗ ಮಾಡಲು ನಿರಾಪೇಕ್ಷಣಾ (No Objection Certificate)  
ಪ್ರಮಾಣ ಪತ್ರ ನೀಡಲಾಗಿದ್ದು, ಪುನಃ ಈ ಬಗ್ಗೆ ನೀವು ಕೋರಿರುವಂತೆ ಮತ್ತೊಂದು  
ಪ್ರಮಾಣ ಪತ್ರವನ್ನು ನೀಡುವ ಅವಶ್ಯಕತೆ ಇರುವುದಿಲ್ಲವೆಂದು ಈ ಮೂಲಕ ಸೂಚಿಸಿದೆ.

**“ನಿರ್ದೇಶಕರಿಂದ ಟಿಪ್ಪಣಿ  
ಅನುಮೋದಿಸಿದೆ”**

*K. Srinivas*  
**ಮುಖ್ಯ ಆಡಳಿತಾಧಿಕಾರಿಗಳು**  
ಆಯುಷ್ ಇಲಾಖೆ, ದ. ಕ. ಮತ್ತು ಸ್ವಾಚ್ಛರಣಾಪತಿ,  
ಯುನಾನಿ ಸಿಬ್ಬಂದಿ ಮತ್ತು ಬೆಂಗಳೂರಿನಲ್ಲಿ  
(ಆಯುಷ್) ನಿರ್ದೇಶನಾಲಯ, ಧನ್ವಂತರಿ ರಸ್ತೆ,  
ಬೆಂಗಳೂರು 560 009.

ಗೆ,

ಡಾ:ವಿ.ಪಿ.ಸತೀಶ್,  
ವೈದ್ಯರು ದರ್ಜೆ-1 (ಯೋಗ ಮತ್ತು ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆ)  
ಆಯುಷ್ ನಿರ್ದೇಶನಾಲಯ,  
ಬೆಂಗಳೂರು..

Su/Sa/01/10/0000

## ANNEXURE-4

### P.T & SCHOOL TEACHERS UNDERGOING TOT IN YOGA PROGRAM:

FURTHER GOVERNMENT HIGHER PRIMARY & HIGH SCHOOL CHILDREN UNDERGOING YOGA TRAINING AT DIFFERENT SCHOOLS BY TEACHERS WITH FOLLOWUPS CONDUCTED FOR 6 MONTHS.



ಉದ್ದ ಹಸ್ತ ತಾಡಾಸನ

ಅರ್ಧಕಟಿಚಕ್ರಾಸನ







ANNEXURE 5

SCHOOL CHILDREN UNDERGOING PRE-POST PARAMETER TESTS









## ANNEXURE 6

### PRE-POST ASSESSMENT OF SCHOOL CHILDREN (Booklet)



Name of school \_\_\_\_\_

Student's Name \_\_\_\_\_

Teacher's name \_\_\_\_\_

Hobli \_\_\_\_\_ Taluk \_\_\_\_\_ District \_\_\_\_\_

**PRE-ASSESSMENT**  
**DURATION-2 MONTHS**

Date: \_\_\_\_\_ From \_\_\_\_\_ To \_\_\_\_\_

Signature  
Head of the institution

## TEST MODULES

DEPT. OF AYUSH, Bangalore

Name:

Date:

### SIX LETTER CANCELLATION TEST (SLCT Test-1)

**Instructions:**

1. Search out the target letters given below and cancelled them by slash(/)
2. Cancel as many as possible with in the given time (90 seconds).
3. Start and stop only when told.

---

**Target Letters:**    F,    U,    E,    R,    P,    X

A	I	B	T	I	X	G	X	S	O	R	I	I	V	G	H	O	T	K	K	V	Z
G	D	K	X	F	L	R	Z	L	U	M	G	G	K	N	E	M	J	Y	R	U	Y
D	U	C	J	M	R	H	T	K	U	T	R	Z	R	L	D	U	W	J	P	Z	W
J	W	F	Q	Z	S	Q	U	T	Y	C	F	P	H	V	W	K	L	W	E	T	U
Z	M	N	G	X	F	K	N	P	D	B	U	U	R	X	Y	Y	Y	Z	E	I	C
S	B	B	I	M	P	U	K	K	O	J	D	L	G	T	L	V	P	R	P	P	L
O	W	H	H	S	A	Q	R	N	D	K	B	R	M	N	N	B	X	T	Q	J	S
O	U	O	S	C	D	V	X	G	Z	O	I	A	W	I	W	J	I	L	K	X	Z
U	J	P	A	J	E	P	T	M	C	M	W	W	R	C	R	Q	L	V	O	U	E
F	U	L	H	D	S	A	X	B	X	L	Y	B	L	Z	Q	Z	L	K	Y	T	Q
T	J	I	H	A	S	K	Q	X	D	W	B	L	Z	M	T	X	A	G	K	Y	U
H	W	E	H	E	J	R	R	G	J	D	Y	M	D	X	R	G	I	B	D	V	R
C	T	B	L	P	J	Q	W	Z	K	D	K	E	V	C	U	U	V	B	M	E	K
Q	V	Q	H	N	N	K	A	D	G	L	T	V	Y	Y	K	N	N	R	V	G	H

**Total attempted:**

**Wrongly attempted:**

**Net Score**

Name:

Date:

**SIX LETTER CANCELLATION TEST (SLCT Test-2)**

**Instructions:**

1. Search out the target letters given below and cancelled them by slash (/)
2. Cancel as many as possible with in the given time (90 seconds).
3. Start and stop only when told.

---

**Target Letters:**      N,      W,      J,      T,      L,      U

A	I	B	T	I	X	G	X	S	O	R	I	I	V	G	H	O	T	K	K	V	Z
G	D	K	X	F	L	R	Z	L	U	M	G	G	K	N	E	M	J	Y	R	U	Y
D	U	C	J	M	R	H	T	K	U	T	R	Z	R	L	D	U	W	J	P	Z	W
J	W	F	Q	Z	S	Q	U	T	Y	C	F	P	H	V	W	K	L	W	E	T	U
Z	M	N	G	X	F	K	N	P	D	B	U	U	R	X	Y	Y	Y	Z	E	I	C
S	B	B	I	M	P	U	K	K	O	J	D	L	G	T	L	V	P	R	P	P	L
O	W	H	H	S	A	Q	R	N	D	K	B	R	M	N	N	B	X	T	Q	J	S
O	U	O	S	C	D	V	X	G	Z	O	I	A	W	I	W	J	I	L	K	X	Z
U	J	P	A	J	E	P	T	M	C	M	W	W	R	C	R	Q	L	V	O	U	E
F	U	L	H	D	S	A	X	B	X	L	Y	B	L	Z	Q	Z	L	K	Y	T	Q
T	J	I	H	A	S	K	Q	X	D	W	B	L	Z	M	T	X	A	G	K	Y	U
H	W	E	H	E	J	R	R	G	J	D	Y	M	D	X	R	G	I	B	D	V	R
C	T	B	L	P	J	Q	W	Z	K	D	K	E	V	C	U	U	V	B	M	E	K
Q	V	Q	H	N	N	K	A	D	G	L	T	V	Y	Y	K	N	N	R	V	G	H

**Total attempted:**

**Wrongly attempted:**

**Net Score**

---

Name:

Date:

**SIX LETTER CANCELLATION TEST (SLCT Test-3)**

**Instructions:**

1. Search out the target letters given below and cancelled them by slash(/)
2. Cancel as many as possible with in the given time (90 seconds).
3. Start and stop only when told.

---

**Target Letters: C, O, Y, N, T, P**

A	I	B	T	I	X	G	X	S	O	R	I	I	V	G	H	O	T	K	K	V	Z
G	D	K	X	F	L	R	Z	L	U	M	G	G	K	N	E	M	J	Y	R	U	Y
D	U	C	J	M	R	H	T	K	U	T	R	Z	R	L	D	U	W	J	P	Z	W
J	W	F	Q	Z	S	Q	U	T	Y	C	F	P	H	V	W	K	L	W	E	T	U
Z	M	N	G	X	F	K	N	P	D	B	U	U	R	X	Y	Y	Y	Z	E	I	C
S	B	B	I	M	P	U	K	K	O	J	D	L	G	T	L	V	P	R	P	P	L
O	W	H	H	S	A	Q	R	N	D	K	B	R	M	N	N	B	X	T	Q	J	S
O	U	O	S	C	D	V	X	G	Z	O	I	A	W	I	W	J	I	L	K	X	Z
U	J	P	A	J	E	P	T	M	C	M	W	W	R	C	R	Q	L	V	O	U	E
F	U	L	H	D	S	A	X	B	X	L	Y	B	L	Z	Q	Z	L	K	Y	T	Q
T	J	I	H	A	S	K	Q	X	D	W	B	L	Z	M	T	X	A	G	K	Y	U
H	W	E	H	E	J	R	R	G	J	D	Y	M	D	X	R	G	I	B	D	V	R
C	T	B	L	P	J	Q	W	Z	K	D	K	E	V	C	U	U	V	B	M	E	K
Q	V	Q	H	N	N	K	A	D	G	L	T	V	Y	Y	K	N	N	R	V	G	H

---

**Total attempted:**

**Wrongly attempted:**

**Net Score**

Name:

Date:

**SIX LETTER CANCELLATION TEST (SLCT Practice test)**

**Instructions:**

1. Search out the target letters given below and cancelled them by slash (/)
2. Cancel as many as possible with in the given time (90 seconds).
3. Start and stop only when told.

**Target Letters: Q, I, S, D, M, A**

A	I	B	T	I	X	G	X	S	O	R	I	I	V	G	H	O	T	K	K	V	Z
G	D	K	X	F	L	R	Z	L	U	M	G	G	K	N	E	M	J	Y	R	U	Y
D	U	C	J	M	R	H	T	K	U	T	R	Z	R	L	D	U	W	J	P	Z	W
J	W	F	Q	Z	S	Q	U	T	Y	C	F	P	H	V	W	K	L	W	E	T	U
Z	M	N	G	X	F	K	N	P	D	B	U	U	R	X	Y	Y	Y	Z	E	I	C
S	B	B	I	M	P	U	K	K	O	J	D	L	G	T	L	V	P	R	P	P	L
O	W	H	H	S	A	Q	R	N	D	K	B	R	M	N	N	B	X	T	Q	J	S
O	U	O	S	C	D	V	X	G	Z	O	I	A	W	I	W	J	I	L	K	X	Z
U	J	P	A	J	E	P	T	M	C	M	W	W	R	C	R	Q	L	V	O	U	E
F	U	L	H	D	S	A	X	B	X	L	Y	B	L	Z	Q	Z	L	K	Y	T	Q
T	J	I	H	A	S	K	Q	X	D	W	B	L	Z	M	T	X	A	G	K	Y	U
H	W	E	H	E	J	R	R	G	J	D	Y	M	D	X	R	G	I	B	D	V	R
C	T	B	L	P	J	Q	W	Z	K	D	K	E	V	C	U	U	V	B	M	E	K
Q	V	Q	H	N	N	K	A	D	G	L	T	V	Y	Y	K	N	N	R	V	G	H

**Total attempted:**

**Wrongly attempted:**

**Net Score**

Name:

Date:

**DIGIT LETTER SUBSTITUTION TEST (DLST Practice test)**

**Instructions:**

1. Search out the target letters given below and cancelled them by slash (/)
2. Cancel as many as possible with in the given time (90 seconds).
3. Start and stop only when told.

**Substitute Letters:**

1	2	3	4	5	6	7	8	9
M	O	A	I	Z	J	F	W	D

6	2	4	1	5	7	9	3	2	6	8	5

5	4	7	8	1	2	3	4	9	6	3	7

2	4	6	7	8	9	3	1	2	3	7	4

2	9	4	6	8	1	2	5	9	3	4	7

9	7	4	2	3	8	1	5	6	2	9	1

8	6	2	3	9	4	5	7	1	4	3	9

3	5	9	1	2	5	6	2	7	8	9	1

5	4	9	2	7	1	3	2	8	9	5	6

**Total attempted:**

**Wrongly attempted:**

**Net Score**

DEPT. OF AYUSH, Bangalore

Name:

Date:

**DIGIT LETTER SUBSTITUTION TEST (DLST Test-1)**

**Instructions:**

1. Search out the target letters given below and cancelled them by slash (/)
2. Cancel as many as possible with in the given time (90 seconds).
3. Start and stop only when told.

**Substitute Letters:**

1	2	3	4	5	6	7	8	9
G	I	C	H	S	R	N	W	P

6	2	4	1	5	7	9	3	2	6	8	5

5	4	7	8	1	2	3	4	9	6	3	7

2	4	6	7	8	9	3	1	2	3	7	4

2	9	4	6	8	1	2	5	9	3	4	7

9	7	4	2	3	8	1	5	6	2	9	1

8	6	2	3	9	4	5	7	1	4	3	9

3	5	9	1	2	5	6	2	7	8	9	1

5	4	9	2	7	1	3	2	8	9	5	6

**Total attempted:**

**Wrongly attempted:**

**Net Score:**

**DEPT. OF AYUSH, Bangalore**

Name:

Date:

**DIGIT LETTER SUBSTITUTION TEST (DLST Test-2)**

**Instructions:**

1. Search out the target letters given below and cancelled them by slash(/)
2. Cancel as many as possible with in the given time (90 seconds).
3. Start and stop only when told.

**Substitute Letters:**

1	2	3	4	5	6	7	8	9
C	T	K	A	F	P	S	B	L

6	2	4	1	5	7	9	3	2	6	8	5

5	4	7	8	1	2	3	4	9	6	3	7

2	4	6	7	8	9	3	1	2	3	7	4

2	9	4	6	8	1	2	5	9	3	4	7

9	7	4	2	3	8	1	5	6	2	9	1

8	6	2	3	9	4	5	7	1	4	3	9

3	5	9	1	2	5	6	2	7	8	9	1

5	4	9	2	7	1	3	2	8	9	5	6

**Total attempted:**

**Wrongly attempted:**

**Net Score:**

Name:

Date:

**DIGIT LETTER SUBSTITUTION TEST (DLST Test-3)**

**Instructions:**

1. Search out the target letters given below and cancelled them by slash(/)
2. Cancel as many as possible with in the given time (90 seconds).
3. Start and stop only when told.

**Substitute Letters:**

1	2	3	4	5	6	7	8	9
Z	G	O	H	M	D	U	X	S

6	2	4	1	5	7	9	3	2	6	8	5

5	4	7	8	1	2	3	4	9	6	3	7

2	4	6	7	8	9	3	1	2	3	7	4

2	9	4	6	8	1	2	5	9	3	4	7

9	7	4	2	3	8	1	5	6	2	9	1

8	6	2	3	9	4	5	7	1	4	3	9

3	5	9	1	2	5	6	2	7	8	9	1

5	4	9	2	7	1	3	2	8	9	5	6

**Total attempted:**

**Wrongly attempted:**

**Net Score:**

**DEPT. OF AYUSH, Bangalore**

**Date:**

**WECHSLER MEMORY SCALE**

**Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_

1. (A) **DIGITS FORWARD:**

a) 2567 \_\_\_\_\_ b) 63091 \_\_\_\_\_

5648 \_\_\_\_\_ 75982 \_\_\_\_\_

c) 239651 \_\_\_\_\_ d) 5298346 \_\_\_\_\_

376392 \_\_\_\_\_ 4283791 \_\_\_\_\_

e) 73987124 \_\_\_\_\_

48625419 \_\_\_\_\_ **SCORE** \_\_\_\_\_

2. (B) **DIGITS BACKWARD:**

f) 165 \_\_\_\_\_ g) 4961 \_\_\_\_\_

387 \_\_\_\_\_ 3964 \_\_\_\_\_

h) 38721 \_\_\_\_\_ i) 729541 \_\_\_\_\_

63190 \_\_\_\_\_ 290537 \_\_\_\_\_

j) 8103763 \_\_\_\_\_

4198352 \_\_\_\_\_ **SCORE** \_\_\_\_\_

ನಿಶ್ಯಬ್ದವಾಗಿ ಆಡುವ. / Quiet play

- 0) ಗೊತ್ತಿಲ್ಲ 1) ಅನಿಸಿದಾಗ  
2) ಕಷ್ಟಪಟ್ಟು 3) ಸಂಬಂಧವಿಲ್ಲ

ಜಟುವಟಕೆ ವಿಧಾನ. Style of motor activity

- 0) ಗೊತ್ತಿಲ್ಲ 1) ಸರಿಯಲ್ಲ  
2) ನಿಧಾನ.ಅತಿ ಜಾಗರೂಕತೆ 3) ವಯ ಮತ್ತು ದರ್ಜೆ ಅನುಪಾತ  
4) ಆಗಾಗ್ಗೆ 5) ಸಂಬಂಧವಿಲ್ಲ

ಮಾತಿನ ಸಾಮರ್ಥ್ಯ. / Amount of talking

- 0) ಗೊತ್ತಿಲ್ಲ 1) ವಯೋಗುಣವಾಗಿ  
2) ಉನ್ನತ ವಾಕ್‌ಸಾಮರ್ಥ್ಯ 3) ಸರಿಸಮಾನವಾಗಿ  
4) ಸಂಬಂಧವಿಲ್ಲ

ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸುವ (ಮೌಖಿಕ ಪ್ರತಿಕ್ರಿಯೆ). / Oral responses to questions.

- 0) ಗೊತ್ತಿಲ್ಲ  
1) ಅತಿ ನಿಧಾನ & ನಾಚಿಕೆ  
2) ನಿಧಾನ. & ಜಾಗರೂಕತೆ  
3) ದಕ್ಷ ಮತ್ತು ಅಚ್ಚುಕಟ್ಟಾದ  
4) ಕಾಲಕ್ಕನುಗುಣವಾಗಿ ಅತಿ ಶಿಷ್ಟ ಪ್ರತಿಕ್ರಿಯಿಸುವ  
5) ಪ್ರಶ್ನೆಗೆ ಮುಂಚೆ ಪ್ರತಿಕ್ರಿಯಿಸುವ 6)ಸಂಬಂಧವಿಲ್ಲ

ಕವಲೊಡೆಯುವ. / Taking turns

- 0) ಗೊತ್ತಿಲ್ಲ 1) ಹಿಂದೆ ಸರಿಯುವ  
2) ವಯೋಮಾನದಂತೆ 3) ಅಸಾಧ್ಯವೆಂದುಕೊಂಡು  
4) ಸಂಬಂಧವಿಲ್ಲ

ದಿಟ್ಟು ನೋಡುವ. / Interaction with Colleagues

- 0) ಗೊತ್ತಿಲ್ಲ 1) ನಿರಾಕರಿಸುವ  
2) ವಯೋನುಗುಣ 3) ಅಡೆತಡೆ  
4) ಸಂಬಂಧವಿಲ್ಲ

### ಭಾಗ 5 - ಪ್ರಾಥಮಿಕ ಪ್ರಸ್ತಾವನೆ

ಭಾಗ(4)ರ ಅಂಶಗಳಿಗೆ ಸಂಬಂಧಿಸಿದಲ್ಲಿ ಗುರುತಿಸುವುದು ಮತ್ತು ಅಕ್ಷರವನ್ನು 'o' ಗುರುತಿಸಿ ವಿಧ್ಯಾರ್ಥಿಯ ಪಠ್ಯಪುಟವಟಕೆಯ ಮೇಲೆ ತೊಂದರೆಯ ದುಷ್ಪರಿಣಾಮ

- 0) ಅಡತಡೆ ಇಲ್ಲ 1) ಕಾಲಕಾಲಕ್ಕೆ ತಲೆತೂರಿಸುವ  
2) ಸರ್ವೆ ಸಾಮಾನ್ಯ ವ್ಯತ್ಯಾಸ 3) ವ್ಯತ್ಯಾಸ ವ್ಯತ್ಯಾಸ  
4) ಸಂಬಂಧವಿಲ್ಲ

### ಶಿಕ್ಷಕರ ಮಾಹಿತಿ ಕೈಪಿಡಿ

ವಿದ್ಯಾರ್ಥಿ ಹೆಸರು : \_\_\_\_\_ ಶಾಲೆಯ ಹೆಸರು : \_\_\_\_\_

ಶಿಕ್ಷಕರ ಹೆಸರು : \_\_\_\_\_ ದಿನಾಂಕ : \_\_\_\_\_

ಹೋಬಳಿ : \_\_\_\_\_ ತಾಲ್ಲೂಕು : \_\_\_\_\_ ಜಿಲ್ಲೆ : \_\_\_\_\_

### ಭಾಗ 1 - ವಾರ್ಧಿಕ ಗುರಿ ಮಾಪನ

A]. ಮೌಖಿಕ ಗಣಮಟ್ಟ (Level of Oral Expression)

- 0) ಗೊತ್ತಿಲ್ಲ 4) ಕಡಿಮೆ  
1) ಅತ್ಯುತ್ತಮ 5) ಅತಿಕಡಿಮೆ  
2) ಉತ್ತಮ 6) ಉದಾಸೀನತೆ  
3) ಸಾಧರಣ 7) ಸಂಬಂಧಪಡುವುದಿಲ್ಲ

B]. ಕೇಳುವ ಸಾಮರ್ಥ್ಯದ ಗುಣಮಟ್ಟ (Level of Listening Comprehension)

- 0) ಗೊತ್ತಿಲ್ಲ 4) ಕಡಿಮೆ  
1) ಅತ್ಯುತ್ತಮ 5) ಅತಿಕಡಿಮೆ  
2) ಉತ್ತಮ 6) ಉದಾಸೀನತೆ  
3) ಸಾಧರಣ 7) ಸಂಬಂಧಪಡುವುದಿಲ್ಲ

C]. ಓದುವ [ದೃಷ್ಟಿ, ವಾಕ್‌ಜಾತುರ್ಯ, ಗ್ರಹಣಾ ಸಾಮರ್ಥ್ಯ] (Level of basic reading skill)

- 0) ಗೊತ್ತಿಲ್ಲ 4) ಕಡಿಮೆ  
1) ಅತ್ಯುತ್ತಮ 5) ಅತಿಕಡಿಮೆ  
2) ಉತ್ತಮ 6) ಉದಾಸೀನತೆ  
3) ಸಾಧರಣ 7) ಸಂಬಂಧಪಡುವುದಿಲ್ಲ

D]. ಗ್ರಹಣಾ ಸಾಮರ್ಥ್ಯ : (Level of reading comprehension)

- 0) ಗೊತ್ತಿಲ್ಲ 4) ಕಡಿಮೆ  
1) ಅತ್ಯುತ್ತಮ 5) ಅತಿಕಡಿಮೆ  
2) ಉತ್ತಮ 6) ಉದಾಸೀನತೆ  
3) ಸಾಧರಣ 7) ಸಂಬಂಧಪಡುವುದಿಲ್ಲ

E]. ಗಣಿತ ಲೆಕ್ಕಾಚಾರ ಗುಣಮಟ್ಟ : (Level of Mathematics calculation)

- 0) ಗೊತ್ತಿಲ್ಲ 4) ಕಡಿಮೆ  
1) ಅತ್ಯುತ್ತಮ 5) ಅತಿಕಡಿಮೆ  
2) ಉತ್ತಮ 6) ಉದಾಸೀನತೆ  
3) ಸಾಧರಣ 7) ಸಂಬಂಧಪಡುವುದಿಲ್ಲ

ಸಂಘಟನೆ / Organisation

- |                  |                |
|------------------|----------------|
| 0) ಗೊತ್ತಿಲ್ಲ     | 1) ಪೂರ್ಣಸಂಘಟಿತ |
| 2) ಸಾಧಾರಣ ಸಂಘಟಿತ | 3) ಅಸಂಘಟಿತ     |
| 4) ಸಂಬಂಧವಿಲ್ಲ    |                |

ವ್ಯಕ್ತಿ ಕ್ರಮಗಳ ಬಗ್ಗೆ ಸ್ಥಿರ ಮಾನಸಿಕ ಸಾಮರ್ಥ್ಯ.

Response to academic tasks requiring sustained mental effort

- |              |                        |
|--------------|------------------------|
| 0) ಗೊತ್ತಿಲ್ಲ | 3) ಪ್ರಯತ್ನಿಸಿಯು ವಿಫಲತೆ |
| 1) ಗಮನೀಯ     | 4) ಇಷ್ಟಪಡದ / ಮಾಡದಿರುವ  |
| 2) ಸಾಮಾನ್ಯ   | 5) ಸಂಬಂಧವಿಲ್ಲ          |

ಆಜ್ಞಾಪನೆ ಅಥವಾ ಸ್ವಯಂ ನರ್ವಹಣೆ / Orderliness or self-maintenance

- |                |  |
|----------------|--|
| 0) ಗೊತ್ತಿಲ್ಲ   | 1) ಯಾವಾಗಲೂ ಶಿಸ್ತು<br>(ಪಠ್ಯ ಸಾಮಗ್ರಿಗಳ ಕ್ರಮಬದ್ಧವಾಗಿ ಜೋಡಿಸುವ) |
| 2) ಸಾಮಾನ್ಯವಾಗಿ | 3) ಮಾಡದಿರುವುದು   |
| 4) ಸಂಬಂಧವಿಲ್ಲ  |  |

ಹೊರಪ್ರಭಾವಗಳಿಗೆ ಪ್ರತಿಕ್ರಿಯೆ / Distractibility

- |                    |                             |
|--------------------|-----------------------------|
| 0) ಗೊತ್ತಿಲ್ಲ       | 1) ಸಾಮಾನ್ಯವಾಗಿ ಒಗ್ಗುವುದಿಲ್ಲ |
| 2) ಸಾಮಾನ್ಯವಾಗಿ ಸಹಜ | 3) ಸುಲಭವಾಗಿ ತುತ್ತಾಗುವ       |
| 4) ಸಂಬಂಧವಿಲ್ಲ      |                             |

ನೆನೆಪಿಸಿಕೊಳ್ಳುವ/ಮರೆಯುವ / Remembering or Forgetfulness

- |                |                     |
|----------------|---------------------|
| 0) ಗೊತ್ತಿಲ್ಲ   | 1) ಯಾವಾಗಲೂ ನೆನೆಪಿಸು |
| 2) ಸಾಮಾನ್ಯವಾಗಿ | 3) ಪೂರ್ತಿ ಮರೆಯುವ    |
| 4) ಸಂಬಂಧವಿಲ್ಲ  |                     |

ಕುಳಿತಾಗ ಚಟುವಟಿಕೆ ಮಟ್ಟ / Activity level when seated

- |               |                     |
|---------------|---------------------|
| 0) ಗೊತ್ತಿಲ್ಲ  | 1) ಸಾಮಾನ್ಯ          |
| 2) ವಯಸ್ಸಿನಂತೆ | 3) ಮುಚುಗರಕ್ಕೊಳಗಾಗುವ |
| 4) ಸಂಬಂಧವಿಲ್ಲ |                     |

ಭಾಷ್ಯ ಪ್ರತಿಕ್ರಿಯೆ / Out of seat behaviour

- |                         |                        |
|-------------------------|------------------------|
| 0) ಗೊತ್ತಿಲ್ಲ            | 1) ಹೇಳದಂತೆ ಕುಳಿತು ಮಾಡು |
| 2) ಪದೇ ಪದೇ ಜಾಗ ಬದಲಾಯಿಸು | 3) ಸಂಬಂಧವಿಲ್ಲ          |

ತರಗತಿ ಹೊರಗಿನ ಚಟುವಟಿಕೆ ಮಟ್ಟ / Activity level outside classroom

- |                 |                              |
|-----------------|------------------------------|
| 0) ಗೊತ್ತಿಲ್ಲ    | 1) ಶಕ್ತಿರಹಿತ ಮತ್ತು ಸುಸ್ತಾದ   |
| 2) ಇತರರಿಗೆ ಸಮಾನ | 3) ಇತರರಿಗೆ ಜಿನ್ನ (ಓಡು,ಹತ್ತು) |
| 4) ಸಂಬಂಧವಿಲ್ಲ   |                              |

DEPT OF AYUSH, Bangalore.

ame:

Date :

WECHSLER MEMORY SCALE

AME:

GE:

SEX:

DATE:

(A) DIGITS FORWARD:

- |                   |                  |
|-------------------|------------------|
| 4) 6439 _____     | 5) 42731 _____   |
| 7286 _____        | 75836 _____      |
| 6) 619473 _____   | 7) 5917423 _____ |
| 392461 _____      | 4179382 _____    |
| 8) 58192647 _____ |                  |
| 38295176 _____    | SCORE _____      |

B) DIGITS BACKWARD:

- |                  |                 |
|------------------|-----------------|
| 3) 283 _____     | 4) 3279 _____   |
| 415 _____        | 4968 _____      |
| 5) 15286 _____   | 6) 539416 _____ |
| 61843 _____      | 623854 _____    |
| 7) 8129365 _____ |                 |
| 4739120 _____    | SCORE _____     |

ASSOCIATE LEARNING:

Make cards with paired words eg Metal- Iron as shown below use as many cards for these pairs as described below. Show the cards to students in the same order. After showing all cards (end and 3<sup>rd</sup> presentation) give the first word and ask them to recall the paired word as shown below for first, second and third recall

EASY:	Presentation 1): _____	HARD:	Presentation 1): _____
	Presentation 2): _____		Presentation 2): _____
	Presentation 3): _____		Presentation 3): _____
TOTAL:	_____	TOTAL:	_____

TOTAL SCORE =  $\frac{\text{Total-easy} + \text{Total-hard}}{2}$

ಲೆಕ್ಕ ಬಿಡಿಸುವ ಸಾಮರ್ಥ್ಯ: (Level of Mathematics reasoning - ability to analyze and solve practical problems in mathematics)

- |              |                    |
|--------------|--------------------|
| 0) ಗೊತ್ತಿಲ್ಲ | 4) ಕಡಿಮೆ           |
| 1) ಅತ್ಯುತ್ತಮ | 5) ಅತಿಕಡಿಮೆ        |
| 2) ಉತ್ತಮ     | 6) ಉದಾಸೀನತೆ        |
| 3) ಸಾಧರಣ     | 7) ಸಂಬಂಧಪಡುವುದಿಲ್ಲ |

ಬರವಣಿಗೆ ಸಾಮರ್ಥ್ಯ: (Level of basic writing skill (spelling and grammar errors))

- |              |                    |
|--------------|--------------------|
| 0) ಗೊತ್ತಿಲ್ಲ | 4) ಕಡಿಮೆ           |
| 1) ಅತ್ಯುತ್ತಮ | 5) ಅತಿಕಡಿಮೆ        |
| 2) ಉತ್ತಮ     | 6) ಉದಾಸೀನತೆ        |
| 3) ಸಾಧರಣ     | 7) ಸಂಬಂಧಪಡುವುದಿಲ್ಲ |

ಬರವಣಿಗೆ ಅಭಿವ್ಯಕ್ತಿ ಸಾಮರ್ಥ್ಯ: (Level of written expression)

- |              |                    |
|--------------|--------------------|
| 0) ಗೊತ್ತಿಲ್ಲ | 4) ಕಡಿಮೆ           |
| 1) ಅತ್ಯುತ್ತಮ | 5) ಅತಿಕಡಿಮೆ        |
| 2) ಉತ್ತಮ     | 6) ಉದಾಸೀನತೆ        |
| 3) ಸಾಧರಣ     | 7) ಸಂಬಂಧಪಡುವುದಿಲ್ಲ |

### ಭಾಗ 2 - ಪ್ರಸ್ತುತ ಸೂಚನಾ ಗುಣಮಟ್ಟ

- |                               |                                       |
|-------------------------------|---------------------------------------|
| ಮೌಖಿಕ :-----                  | 2. ಕೇಳುವಿಕೆ :-----                    |
| ಓದುವ ಕೌಶಲ್ಯ :-----            | 4. ರಹಿತ ಸಾಮರ್ಥ್ಯ :-----               |
| ಗಣಿತ ಲೆಕ್ಕಾಚಾರ ಗುಣಮಟ್ಟ :----- | 6. ಲೆಕ್ಕ ಬಿಡಿಸುವ ಸಾಮರ್ಥ್ಯ :-----      |
| ಬರವಣಿಗೆ ಸಾಮರ್ಥ್ಯ :-----       | 8. ಬರವಣಿಗೆ ಅಭಿವ್ಯಕ್ತಿ ಸಾಮರ್ಥ್ಯ :----- |

### ಭಾಗ 3 - ವಿದ್ಯಾರ್ಥಿಯ ಪ್ರತಿಕ್ರಿಯೆ & ಮನಃಸ್ಥಿತಿ

ವಿದ್ಯಾರ್ಥಿಯ ವ್ಯಕ್ತಿತ್ವವನ್ನು ತಿಳಿಸುವ ಯಾವುದಾದರೂ ಮೂರು ಉತ್ತಮ ಅಂಶಗಳನ್ನು ನಮೂದಿಸಿ

- |                               |                           |                               |
|-------------------------------|---------------------------|-------------------------------|
| 0) ಗೊತ್ತಿಲ್ಲ/don't know       | 13) ಭಾವನಾತ್ಮಕ/Emotional   | 26) ವಿದಾಯ/Playful             |
| 1) ಹೊಂದಾಣಿಕೆ/Accommodating    | 14) ಉತ್ಸಾಹ/Enthusiastic   | 27) ಸಂಕೋಚ/Reserved            |
| 2) ಚುರುಕುತನ/Active            | 15) ಸಂತೋಷ/Happy           | 28) ಸ್ವಯಂಶಕ್ತಿ/Self-reliant   |
| 3) ಮಮಕಾರ/Affectionate         | 16) ಅತಿಚುರುಕು/Hyperactive | 29) ಗಂಭೀರ/Serious             |
| 4) ವಾದಸಾಮರ್ಥ್ಯ/Argumentative  | 17) ಗಡಿಜಡಿ/Impulsive      | 30) ನಾಚಿಕೆ/Shy                |
| 5) ಶಿಸ್ತು/Attentive           | 18) ಸ್ವತಂತ್ರ/Independent  | 31) ಸ್ನೇಹಪರ/Sociable          |
| 6) ಕಾಳಜಿ/Caring               | 19) ಅಸುರಕ್ಷಿತ/Insecure    | 32) ಮೊಂಡೆ/Stubborn            |
| 7) ಪ್ರಜ್ಞಾನ್ವಿತ/Conscientious | 20) ಬುದ್ಧಿವಂತ/Intelligent | 33) ಹುರುದುಂಜಿಸಿಲ್ಲದ/Withdrawn |
| 8) ಸಮರ್ಥನೆ/Defiant            | 21) ಅಂತರ್ಮುಖ/Introverted  | 34) ತೊಂದರೆಗೊಳಗಾದ/Troubled     |

### ಭಾಗ 6 - ತರಗತಿಯಲ್ಲಿನ ದುರ್ನಡತೆ

1) ಅಜಾಗರೂಕತೆ / Inattentiveness

- |                     |                            |
|---------------------|----------------------------|
| 1) ಇಲ್ಲ             | 2) ಹೌದು-ವಿವರಿಸು            |
| a) ತೀವ್ರತೆ/Severity | b) ಕೆಡಿಸುವಿಕೆ / Disruptive |
| 1) ತೀವ್ರವಿಲ್ಲ       | 1) ಅಲ್ಲ/ಇಲ್ಲ               |
| 2) ಸ್ವಲ್ಪ           | 2) ಸ್ವಲ್ಪ                  |
| 3) ತೀವ್ರ-ಸಾಧಾರಣ     | 4) ಅತೀ ತೀವ್ರ               |
- 1 ರಿಂದ 4

2) ಹೆಚ್ಚು ಚಟುವಟಿಕೆಯುಳ್ಳ / Overactivity

- |                                  |   |
|----------------------------------|---|
| 1) ಇಲ್ಲ                          | 2) ಹೌದು ವಿವರಿಸು                         |
| a) ತೀವ್ರತೆ/Severity (1 ರಿಂದ 4) □ | b) ಕೆಡಿಸುವಿಕೆ / Disruptive (1 ರಿಂದ 4) □ |

3) ತಕ್ಷಣ ಪ್ರತಿಕ್ರಿಯೆ ರೀತಿ / Impulsiveness

- |                                  |   |
|----------------------------------|---|
| 1) ಇಲ್ಲ                          | 2) ಹೌದು ವಿವರಿಸು                         |
| a) ತೀವ್ರತೆ/Severity (1 ರಿಂದ 4) □ | b) ಕೆಡಿಸುವಿಕೆ / Disruptive (1 ರಿಂದ 4) □ |

4) ಹೊಂದಿಕೊಳ್ಳುವ ಸ್ವಭಾವಿಲ್ಲವು / Uncooperative behaviour

- |                                  |   |
|----------------------------------|---|
| 1) ಇಲ್ಲ                          | 2) ಹೌದು ವಿವರಿಸು                         |
| a) ತೀವ್ರತೆ/Severity (1 ರಿಂದ 4) □ | b) ಕೆಡಿಸುವಿಕೆ / Disruptive (1 ರಿಂದ 4) □ |

5) ಆತಂಕಿತ / Anxiousness

- |                                  |   |
|----------------------------------|---|
| 1) ಇಲ್ಲ                          | 2) ಹೌದು ವಿವರಿಸು                         |
| a) ತೀವ್ರತೆ/Severity (1 ರಿಂದ 4) □ | b) ಕೆಡಿಸುವಿಕೆ / Disruptive (1 ರಿಂದ 4) □ |

6) ಹಿಂಪಡೆದ / Withdrawal

- |                                  |   |
|----------------------------------|---|
| 1) ಇಲ್ಲ                          | 2) ಹೌದು ವಿವರಿಸು                         |
| a) ತೀವ್ರತೆ/Severity (1 ರಿಂದ 4) □ | b) ಕೆಡಿಸುವಿಕೆ / Disruptive (1 ರಿಂದ 4) □ |

7) ಉದ್ದೇಗ / Aggressiveness

- |                                  |   |
|----------------------------------|---|
| 1) ಇಲ್ಲ                          | 2) ಹೌದು ವಿವರಿಸು                         |
| a) ತೀವ್ರತೆ/Severity (1 ರಿಂದ 4) □ | b) ಕೆಡಿಸುವಿಕೆ / Disruptive (1 ರಿಂದ 4) □ |

ಮಾರು ಯಾವುದನ್ನು ಮಾಡಬಾರದು :

- ಅಧಿಕ ರಕ್ತ ಒತ್ತಡ ಇರುವವರು - ಉತ್ತಾನಾಸನ, ವಿಲಂಬದ್ರಾಸನ, ವ್ಯಕ್ತಾಸನ, ಚಕ್ರಾಸನ, ಶೀಷಾಸನ, ಸರ್ಪಾಂಗಾಸನ, ಜಲರ ಪರಿವರ್ತನಾಸನ, ಉಷ್ಣಾಸನಗಳನ್ನು ಮಾಡಬಾರದು.
- ಧೈರಾಯ್ ಇರುವವರು - ಚಕ್ರಾಸನ, ಶೀಷಾಸನ, ವ್ಯಕ್ತಾಸನ.
- ಗರ್ಭಿಣಿ ಸ್ತ್ರೀಯರು - ಉತ್ತಾನಾಸನ, ಉಷ್ಣಾಸನ, ಚಕ್ರಾಸನ, ಶೀಷಾಸನ, ಜಲರ ಪರಿವರ್ತನಾಸನ, ಅರ್ಧಮತ್ಸ್ಯೇಂದ್ರಾಸನ, ಮರೀಚಾಸನ, ಭಾರದ್ವಜಾಸನ, ನಾವಾಸನ, ಭುಂಗಾಸನ, ಧನುಸ್ ತ್ರಿಕೋನಾಸನ, ಹವನ ಮುಕ್ತಾಸನ, ಪಶ್ಚಿಮೋತ್ತಾನಾಸನ, ಏಕಾಪಾದಭ್ರಮಣ, ದ್ವಿಪಾದ ಭ್ರಮಣ ಮಾಡಬಾರದು. ಕಪಾಲಭಾತಿ, ಭಸ್ಮೀಕಾ, ಕುಂಭಕ ಸಹಿತ ಪ್ರಾಣಾಯಾಮ ಷಡ್ಧ.
- ಕಿವಿ ಸೋರುವವರು - ರಕ್ತದೊತ್ತಡದಲ್ಲಿ ತಿಳಿಸಿರುವ ಆಸನ ಮಾಡಬಾರದು, ಪ್ರಾಣಾಯಾಮ, ಸಹಿತ ಹಾಗೂ ಭ್ರಮರಿ ಮಾಡಬಾರದು.
- ಹೃದಯ ತೊಂದರೆಯವರು - ತ್ರಿಕೋನಾಸನ, ಚಕ್ರಾಸನ, ಶೀಷಾಸನ, ಜಲರ ಪರಿವರ್ತನಾಸನ, ಧನುಸ್ ಕಪಾಲಭಾತಿ, ಭಸ್ಮೀಕಾ, ಉಷ್ಣಯ, ನಾಡಿಶೋಧನ ಪ್ರಾಣಾಯಾಮ. ಕುಂಭಕ ಸಹಿತ ಪ್ರಾಣಾಯಾಮ ಮಾಡಬಾರದು.

9) ಧೃಢತೆ/Determined	22) ಕಳವಳ/irritable	35) ನಂಬಿಕೆ/Trusting
10) ಕಷ್ಟ/Difficult	23) ಕುರಿದುಂಟತೆ/Motivated	36) ಅಸಂತುಷ್ಟ/Unhappy
11) ಅನಿರೋಧಿ/Disobedient	24) ವಿಧೇಯತೆ/Obedient	
12) ವೇರ್ಪಡಿಕೆ/Distractible	25) ಹಂಪರದೆ/Outgoing	

31. ವಿದ್ಯಾರ್ಥಿಯ ಸ್ವಾಭಾವಿಕ ಮನಸ್ಥಿತಿಯನ್ನು ಕೆಳಗಿನಂತೆ ವಿವರಿಸುವುದು
- 0) ಗೊತ್ತಿಲ್ಲ 3) ಯಾವಾಗಲೂ ಒಮ್ಮೆ ಅಸಂತೋಷ
- 1) ಸಹಜ ಸಂತೋಷ 4) ವಯೋಸಹಜ
- 2) ಸಾಂದರ್ಭಿಕ ವಯಸ್ಸಿನಂತೆ ಸಹಜ 5) ಮೇಲಿನ ಯಾವುದೂ ಅಲ್ಲ. ( )ವಿವರಣೆ ನೀಡಿ-----
32. ಅವನ/ಳ ಮನಸ್ಥಿತಿ ಸ್ಥಿರವಿದೆಯ ?
- 0) ಗೊತ್ತಿಲ್ಲ 3) ತೀವ್ರ ಹುಮ್ಮಸ್ಸು ನಂತರ ಕೋಪ/ಶಿಷ್ಯತೆ
- 1) ಸ್ಥಿರ 4) ಸಂಬಂಧಪಟ್ಟಿಲ್ಲ
- 2) ಹೆಚ್ಚುಕಡಿಮೆ (ವಯಸ್ಸಿನಂತೆ)

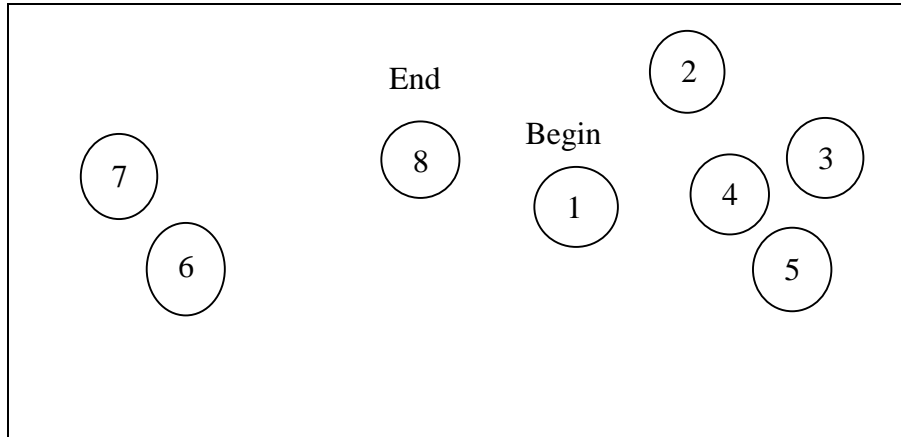
#### ಭಾಗ 4 - ತರಗತಿಯಲ್ಲಿ ಹಾಲ ಚಟುವಟಿಕೆ

- A. ಪರಸ್ಪರ ಹೊಂದಾಣಿಕೆ ಪ್ರಮಾಣ / Amount of one-to-one attention required in the classroom
- 0) ಗೊತ್ತಿಲ್ಲ 3) ಸಹಪಾಠಿಗಳಿಗಿಂತ ಹೆಚ್ಚಿನ.
- 1) ಸಹಪಾಠಿಗಿಂತ ಹಿಂದುಳಿದ 4) ಸಂಬಂಧವಿಲ್ಲ.
- 2) ಸಹಪಾಠಿಯಂತೆ ಮಾದರಿಯಾದ
- B. ಶಾಲಾಚಟುವಟಿಕೆ ಪೂರೈಸಿದ ಸಾಮಾನ್ಯ ಮೌಲ್ಯ ಮಾಪನ/Average amount of schoolwork completed
- ಸಂಖ್ಯೆ 0(ಹಿಂದಿನ ಪುಟ) 04 ರಿಂದ ಅಂಶ
- C. ಪಠ್ಯಕ್ರಮದಲ್ಲಿ ಏಕಾಗ್ರತೆ / Attention to details in School Work
- 0-4 ಅಂಶ
- D. ಸ್ಥಿರ ಏಕಾಗ್ರತೆ / Sustained attention
- 0-4 ಅಂಶ
- E. ಗೃಹಿಕ ಸಾಮರ್ಥ್ಯ. / Listening ability
- 0) ಗೊತ್ತಿಲ್ಲ 1) ಸಹಜವಾಗಿ/ನೇರವಾಗಿ ಮಾತನಾಡಿದಾಗ
- 2) ನೇರ ಮಾತನ್ನು ತಿಳಿದುಕೊಳ್ಳುವುದು. 3) ಕೆಲವೊಮ್ಮೆ ನೇರವಾಗಿ ಹೇಳಿಯೂ ತಿಳಿಯುವುದು.
- 4) ಸಂಬಂಧವಿಲ್ಲ
- F. ಶಾಲಾ ಪಠ್ಯಕ್ರಮದ ಮುಂದುವರಿಕೆ. / Follow through on school work
- 0) ಗೊತ್ತಿಲ್ಲ
- 1) ಯಾವಾಗಲೂ ಶಾಲಾ ಕೆಲಸವನ್ನು ಪೂರೈಸುತ್ತಾನೆ
- 2) ಸಾಮಾನ್ಯವಾಗಿ ಶಾಲಾ ಕೆಲಸವನ್ನು ಮುಗಿಸುತ್ತಾನೆ.(ವಯ/ಸಮಾನತೆ)
- 3) ಕೆಲಸ ಪೂರೈಸುವುದಿಲ್ಲ.
- 4) ಸಂಬಂಧವಿಲ್ಲ

Name:

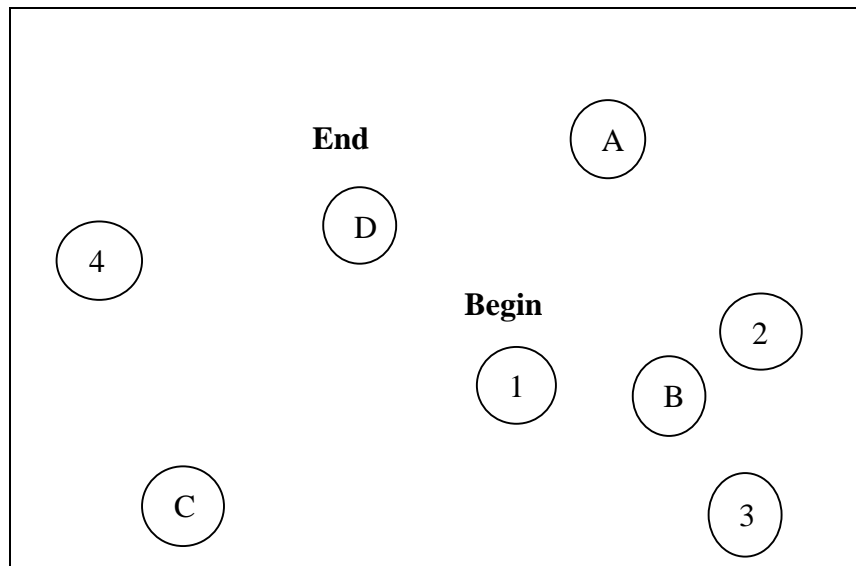
Date:

Connect the number in the circle in ascending order from 1 to 8. Do not lift the pencil/pen from sheet while connecting the number. Connect them as fast as possible.



**SAMPLE TEST PART B**

In part B circle include both numbers (1-4) and letters (A-D); as in Part A, the student draws lines to connect the circles in an ascending pattern, but with the added task of alternating between the numbers and letters (i.e., 1-A-2-B-3-C,etc.). Do not lift the pencil/pen from the sheet while connecting the numbers. Connect them as fast as possible.



In case the student makes an error. Ask him to go back to the error and connect the circles

TRIAL MAKING TEST -A

DEPT. OF AYUSH, Bangalore

Name:

Date:

Connect the number in the circle in ascending order from 1 to 25. Do not lift the pencil/pen from sheet while connecting the numbers. Connect them as fast as possible.

Part – A

POST ASSESSMENT: \_\_\_\_\_ Date\_\_\_\_\_

---

A collection of 25 circles containing numbers for a dot-marker test. The numbers are: 1, 9, 7, 18, 10, 2, 8, 1, 25, 6, 3, 1, 4, 5, 6, 1, 20, 1, 1, 16, 2, 23, 1, 1, 2, 14, 24.

---

**TRIAL MAKING TEST - B**

**DEPT. OF AYUSH, Bangalore**

**Name:**

**Date:**

**In part B circle include both numbers (1-13) and letters (A-L); as in Part A, the student draws lines to connect the circles in an ascending pattern, but with the added task of alternating between the numbers and letters (i.e., I-A-2-B-3-C, etc.). Do not lift the pencil/pen from the sheet while connecting the numbers. Connect them as fast as possible.**

**Part – B**

**POST ASSESSMENT: \_\_\_\_\_ Date \_\_\_\_\_**

The diagram shows a large rectangular box containing 25 circles. There are 13 numbered circles (1-13) and 12 lettered circles (A-L). The circles are arranged in a scattered pattern. The numbers are: 1 (top left), 2 (middle left), 3 (middle), 4 (middle right), 5 (middle left), 6 (middle right), 7 (middle), 8 (bottom right), 9 (middle), 10 (middle right), 11 (bottom left), 12 (bottom middle), 13 (bottom right). The letters are: A (top middle), B (middle), C (middle right), D (middle left), E (top middle), F (middle), G (middle right), H (middle right), I (bottom middle), J (middle), K (bottom left), L (middle right). There is also a small empty circle in the top right corner.

**ANNEXURE 7**

**ಶಾಲಾಮಕ್ಕಳ ಆರೋಗ್ಯಕ್ಕಾಗಿ ತಾಲ್ಲೂಕಿನ ಶಾಲಾ ಶಿಕ್ಷಕರಿಗೆ ಯೋಗ ಪ್ರಶಿಕ್ಷಣ ಕಾರ್ಯಾಗಾರ**

ದಿನಾಂಕ:28-1-2013 ರಿಂದ 2-02-2013ರ ವರೆಗೆ -----ಸ್ಥಳ:----- ಜಿಲ್ಲೆ.

೨. ಡಿ	6:00-8:00	08:00	9:30	10.00	11.30	11.30	11.45	1.15	3.00-4.30	4.30-4.45	4.45-6.00	6.00-7.00	7.00-8.00
1	ಯೋಗಾಭ್ಯಾಸ, ಪ್ರಾಣಾಯಾಮ ಮತ್ತು ಧ್ಯಾನ			ನೋಂದಾವಣೆ, ಉದ್ಘಾಟನೆ, ಆಯುಷ್ ಇಲಾಖೆ ಪರಿಚಯ			ಪೂರ್ವ-ಪರೀಕ್ಷೆ, ಯೋಗ ಕಾರ್ಯಕ್ರಮದ ಪಕ್ಷಿನೋಟ,		ಯೋಗ ಆಹಾರ ಮತ್ತು ಆರೋಗ್ಯ		ಯೋಗದ ಪರಿಚಯ ಮತ್ತು ಮಾರ್ಗಗಳು		
2		ವಿರಾಮ ಮತ್ತು ವಿರಾಮ	ಚಿಂತನ ಮತ್ತು ಪರದಿ	ಕಲಿಕಾ ತರಗತಿ ಪ್ರಕ್ರಿಯೆ	ಕಷ್ಟಾಯ ಮತ್ತು ವಿರಾಮ		ಪ್ರಾಯೋಗಿಕ ಯೋಗ ಶಿಕ್ಷಣ ವಿಧಿ-1	ಮಹಾ ಪ್ರಸಾದ ಮತ್ತು ವಿರಾಮ	ಮನಮದ್ದು - 1	ಪಾನೀಯ ಮತ್ತು ವಿರಾಮ	ಮಕ್ಕಳಲ್ಲಿ ಬರುವ ರೋಗಗಳು ಮತ್ತು ಚಿಕಿತ್ಸಾತ್ಮಕ ಯೋಗಾಸನ	ವಿಶಿಷ್ಟ	ಸಂಸ್ಕಾರ ಭಾರತಿ/ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮ
3				ಮನಮದ್ದು 2			ಪ್ರಾಯೋಗಿಕ ಯೋಗ ಶಿಕ್ಷಣ ವಿಧಿ-2	ಹದಿಹರೆಯದ ಮಕ್ಕಳ ಸಮಸ್ಯೆಗಳು ಮತ್ತು ಪರಿಹಾರ			ಯೋಗ ಮತ್ತು ಮಾನಸಿಕ ಆರೋಗ್ಯ		
4				ಶಿಕ್ಷಕರ ಹಿತ ಶಿಕ್ಷಣ			ಪ್ರಾಯೋಗಿಕ ಯೋಗ ಶಿಕ್ಷಣ ವಿಧಿ-3	ಮಕ್ಕಳು ಮತ್ತು ಪೋಷಕರ (ಸಮಾಲೋಚನೆ)			ಚಿಕಿತ್ಸಾತ್ಮಕ ಯೋಗಾಸನ		

								(ಬೊ ಜ್ಜು ಮತ್ತು ಮಧು ಮೇಹ
5				ಷಟ್ ಕ್ರಿಯೆ ಮತ್ತು ಷಟ್ ಚಕ್ರಗಳ ಪರಿಚಂ ಕು	ಪಾಯೆ ಲೋಗಿಕ ಯೋಗ ಶಿಕ್ಷಣ ವಿಧಿ-4	ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆ ಮತ್ತು ಆರೋಗ್ಯ ಪ್ರತಿ ಶಿಕ್ಷಣ		ಶಿಥಿಲ ಲೋಕ ವ್ಯಾಯ ಾಮ ಸೂಯ ರ್ಷ ನಮಸ ಕಾರ ್ಯ ಆಸನ ಗಳ ಮಹ ತ್ವ
6				ಕ್ರೀಡಾ ಯೋಗ	ಪೂರ್ಣ ಯಾವ ು ಮತ್ತು ಧ್ಯಾನ ಹಾಗೂ ಭಜನೆ	ಹಿಮ್ಮಾಹಿ ತಿ, ಸಾಫಲ್ಯ ಪರಿಕ್ಷೆ		ಸಮಾರೋಪ ಸಮಾರಂಭ ಅನಂತರ ಪ್ರವಾಸ ಮತ್ತು ದಿನಭತ್ಯೆ ಹಾಜರಾತಿ ಪ್ರಮಾಣ ಪತ್ರ, ಯೋಗದ ಕೈಪಿಡಿ ವಿತರಣೆ

## ANNEXURE-8

### THE FOLLOWING STUDIES HAVE BEEN PUBLISHED FROM THIS DOCTORAL

8.1 'Effects of a Yoga Program on Health, Behaviour and Learning Ability in School Children: A Single Arm Observational Study- *International journal of complementary and alternative medicine(IJCAM)*\_(published on Jan'03,2017)

8.2 'Yoga versus Physical Exercise for Cardio respiratory fitness in adolescent School children: a Randomized Controlled trial-*International journal of adolescent medicine and health (IJAMH)* (published on Jan'25,2018) pubmed ID-2936913

8.3 'Comparison of Yoga vs Physical exercise on executive function, attention and working memory in adolescent school children': A Randomized Controlled Trial:(Published on 2019 May-Aug;12(2);172-173 doi:104103/ IJOY\_61\_18) *International journal of Yoga. (IJOY)* (IJOY)PMID:31143027, PMCID: PMC6521753

### THE FOLLOWING PRESENTATIONS HAVE BEEN COMPLETED IN THE JOURNAL CLUB PRESENTATIONS:

1. Effect of yoga on academic performance in relation to stress DOI: 10.4103/0973-6131.53860PMID: 21234215
2. Effects of Yoga program on minimum muscular fitness of orphan adolescents by using Kraus – Weber test – a Randomized wait list-controlled study. *IJPP*.2015, 6(4)389-392
3. Aerobic Fitness and Cognitive Functions in Economically Underprivileged Children - A preliminary Study from South India by Arpitha Jacob<sup>1</sup>, Crystal D. D'Souza<sup>1</sup>, S. Sumithra<sup>1</sup>, Sandhya Avadhani<sup>2</sup>, Chaya Mayasandra Subramanya<sup>3</sup>, Krishnamachari Srinivasan<sup>1</sup>

4. Effect of Fast and Slow Pranayama Practice on Cognitive Functions in Healthy Volunteers J Clin Diagn, Published online 2013 Nov 18. doi: 10.7860/JCDR/2014/7256.3668Vivek Kumar Sharma,<sup>1</sup> Rajajeyakumar M.,<sup>2</sup> Velkumary S.,<sup>3</sup> Senthil Kumar Subramanian,<sup>4</sup> Ananda B. Bhavanani,<sup>5</sup> Madanmohan,<sup>6</sup> Ajit Sahai,<sup>7</sup> and Dinesh Thangavel<sup>8</sup>

5. Yoga & Physical Exercises - A review and comparison. Ramajayam Govindaraj, Sneha Karmani, Shivarama Varambally, B.N. Gangadhar International Review of Psychiatry doi.org/10.3109/09540261.2016.1160878

6. Surya namaskara training for enhancing selective attention in orphan boys: A randomized control study Thounaojam Memtonbi Devi, Tikhe Sham Ganpat, Sanjay Kumar<sup>1</sup>, Nagendra Hongasandra Ramarao Website: www.sjosm.org ,DOI: 10.4103/1319-6308.149534

7. A comparative study of the effects of yoga and swimming on pulmonary functions in sedentary subjects. Gupta SS, Sawane MV, Int. Journal of Yoga 2012;5:128-133

8. Yoga as a preventive therapy for loneliness in orphan adolescents, Indian Journal of Health and Wellbeing 2016, 7(1), 121-124. Sathyaprakash, Balaram Pradhan and H.R. Nagendra

9. Pilot study - Dr Satish Vhavle.

**Signature: Signed/-**

1.-----

2. Guide -----

3. Co-Guide-----

(Satish Vhavle)

(Dr N.K. Manjunath Sharma)

(Dr. Raghavendra Rao. M)

## ANNEXURE-9

### PLAGIARISM



#### Urkund Analysis Result

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#### Sources included in the report:

2 chapter 06.02.19 new.pdf (D48209706)  
[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4600929/  
dd934ec3-6f29-4acf-8b5f-c1cf80141b94](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4600929/dd934ec3-6f29-4acf-8b5f-c1cf80141b94)

#### Instances where selected sources appear:

62

## ANNEXURE-10

### RAW DATA

#### 1. Six Letter Cancellation Test

s.no	YOGA1 PA0	sexMALE1FEM ALE0	SLCT1 _1	SLCT2 _1	SLCT3 _1	SLCT1 1_1	SLCT1 2_1	SLCT1 3_1
201	PA	Male	32	30	35	33	41	35
42	PA	Male	10	20	15	20	24	25
43	PA	Female	19	16	10	22	14	21
44	PA	Male	25	16	40	35	45	49
45	PA	Male	11	17	13	14	21	20
46	PA	Female	18	11	15	19	25	29
47	PA	Female	29	22	25	26.21	29	27.96
48	PA	Female	25	18	25	29	22	34
49	PA	Female	36	26	30	29	40	24
50	PA	Female	15	17	16	19	26	20
51	PA	Female	7	16	19	26	25	30
52	PA	Female	13	15	17	48	23	24
53	PA	Male	20	16	22	44	50	40
54	PA	Male	17	12	14	35	24	27
55	PA	Female	29	16	13	30	30	36
56	PA	Male	25	20	24	54	38	30
57	PA	Female	17	15	14	20	23	26
58	PA	Female	24	18	18	33	43	42
59	PA	Male	13	19	7	40	36	32
60	PA	Male	14	20	18	23	32	14
61	PA	Female	17	14	14	29	36	26
62	PA	9999	24.57	22.1	22.48	26.21	29	27.96
63	PA	Female	12	20	21	35	40	35
64	PA	Female	14	15	14	20	29	25
65	PA	Female	12	16	13	15	32	29
66	PA	Male	24.57	22.1	22.48	30	45	30
67	PA	Male	24.57	22.1	22.48	31	33	23
68	PA	Male	24.57	22.1	22.48	30	34	36
69	PA	Male	33	25	22	40	40	45
70	PA	Male	16	30	23	20	23	20
71	PA	Male	14	17	23	36	37	26
72	PA	Female	23	16	17	28	28	29
73	PA	Male	22	18	27	15	38	25
74	PA	Female	20	13	10	23	16	33
75	PA	Female	14	19	17	23	24	30
76	PA	Female	31	30	29	50	43	43
77	PA	Male	24.57	22.1	22.48	38	38	24
78	PA	Female	14	11	14	26	27	25

s.n o	YOGA1 PA0	sexMALE1FEM ALE0	SLCT1 _1	SLCT2 _1	SLCT3 _1	SLCT1 1_1	SLCT1 2_1	SLCT1 3_1
79	PA	Male	14	23	27	19	28	20
80	PA	Female	22	28	30	32	37	30
81	PA	Male	23	17	34	22	40	19
83	PA	Male	23	21	30	30	27	33
119	PA	Male	24.57	22.1	22.48	26.21	29	27.96
120	PA	Male	24.57	22.1	22.48	26.21	29	27.96
121	PA	Male	24.57	22.1	22.48	26.21	29	27.96
122	PA	Male	39	21	32	22	28	34
123	PA	Male	30	25	32	21	36	23
124	PA	Male	35	37	37	31	32	31
125	PA	Female	50	32	35	39	36	41
126	PA	Male	26	20	32	28	33	39
127	PA	Female	19	18	17	24	32	33
128	PA	Male	26	40	33	21	26	33
129	PA	Male	36	36	45	34	33	36
130	PA	Female	51	30	33	42	44	38
131	PA	Female	25	20	20	29	28	30
132	PA	Female	31	17	20	23	31	26
133	PA	Female	30	23	24	27	22	24
134	PA	Female	35	33	30	26	27	25
135	PA	Female	30	25	32	19	28	20
136	PA	Female	32	23	32	24	22	28
137	PA	Male	40	10	25	26	29	30
138	PA	Male	25	25	21	28	27	25
139	PA	Female	44	30	32	29	33	31
140	PA	Female	44	33	33	32	33	33
141	PA	Male	25	24	25	28	29	31
142	PA	Male	24.57	22.1	22.48	26.21	29	27.96
143	PA	Male	32	21	29	22	31	30
144	PA	Male	25	17	23	28	26	28
145	PA	Female	28	19	30	30	29	29
146	PA	Female	30	25	23	22	25	21
147	PA	Female	23	21	17	26	28	21
148	PA	Male	37	32	32	28	26	22
149	PA	Female	32	26	29	24	29	31
150	PA	Female	29	27	30	27	31	30
151	PA	Female	30	22	24	23	31	28
152	PA	Female	31	21	33	26	23	27

s.n o	YOGA1 PA0	sexMALE1FEM ALE0	SLCT1 _1	SLCT2 _1	SLCT3 _1	SLCT1 1_1	SLCT1 2_1	SLCT1 3_1
159	PA	Female	16	14	16		16	23
160	PA	Female	35	36	26	33	30	36
161	PA	Male	29	31	24	28	24	33
162	PA	Female	32	29	30	26	28	31
163	PA	Female	29	28	23	28	29	30
164	PA	Female	25	24	18	22	21	26
165	PA	Male	28	29	32	26	28	33
166	PA	Male	22	17	16	27	37	36
167	PA	Female	30	19	23	26	29	30
168	PA	Male	27	34	20	32	34	31
169	PA	Male	25	26	25	24	22	26
170	PA	Female	26	26	20	26	24	27
171	PA	Male	26	24	29	26	23	29
172	PA	Male	28	14	20	28	26	27
173	PA	Male	30	24	23	32	38	34
174	PA	Female	30	16	18	18	22	28
175	PA	Male	31	26	33	36	31	27
176	PA	Male	31	19	28	31	22	26
177	PA	Female	11	25	15	21	20	18
178	PA	Male	28	29	31	32	24	25
179	PA	Female	38	31	22	31	24	29
180	PA	Female	33	19	22	25	24	22
181	PA	Male	30	23	30	21	29	23
182	PA	Male	24	27	19	22	29	23
183	PA	Male	26	25	21	27	26	29
184	PA	Male	27	20	27	28	20	27
185	PA	Male	32	40	25	27	21	23
186	PA	Male	11	9	12	13	22	20
187	PA	Female	24	23	23	23	21	26
188	PA	Male	17	17	8	9	17	16
189	PA	Male	34	37	27	31	28	21
190	PA	Male	32	19	28	26	28	29
191	PA	Female	32	30	20	28	28	24
192	PA	Female	34	26	20	24	36	24
193	PA	Male	22	10	23	20	19	22
194	PA	Male	19	18	14	25	20	26
195	PA	Female	40	36	21	32	28	34
197	PA	Male	20	21	24	19	17	21
199	PA	Male	20	19	18	22	17	23

s.no	YOGA1P A0	Sex MALE1 FEMALE0	SLCT1 _1	SLCT2 _1	SLCT3 _1	SLCT11 _1	SLCT12 _1	SLCT13 _1
245	PA	Male	25	25	20	36	40	31
247	PA	Female	39	32	28	29	50	37
249	PA	Female	33	24	27	22	39	40
251	PA	Female	22	32	31	39	41	29
253	PA	Male	22	19	20	27	30	34
255	PA	Female	20	21	21	26	30	36
257	PA	Female	17	20	17	31	24	46
259	PA	Female	33	27	23	21	46	32
261	PA	Female	24	27	14	26	56	27
263	PA	Male	25	19	23	33	26	48
265	PA	Male	23	19	21	22	21	36
267	PA	Male	22	19	16	40	35	34
269	PA	Female	30	37	17	28	37	48
271	PA	Male	32	43	12	30	22	27
273	PA	Male	33	27	18	29	28	31
275	PA	Male	15	19	22	31	32	25
277	PA	Female	35	33	31	29	34	30
279	PA	Male	28	14	24	19	34	39
281	PA	Female	24	29	25	39	36	30
283	PA	Male	15	16	13	15	16	13
285	PA	Male	18	9	18	40	32	32
287	PA	Female	31	23	90	28	25	32
289	PA	Female	30	27	20	20	27	39
291	PA	Female	18	23	10	34	35	38
293	PA	Female	32	29	15	23	30	23
295	PA	Female	17	18	24	21	30	28
297	PA	Male	34	45	28	39	45	28
299	PA	Female	37	29	26	32	38	34
301	PA	Female	26	22	30	36	38	34
303	PA	Female	33	43	25	32	44	45
305	PA	Female	38	35	28	29	51	37

s.n o	YOGA1 PA0	sexMALE1FEM ALE0	SLCT1 _1	SLCT2 _1	SLCT3 _1	SLCT1 1_1	SLCT1 2_1	SLCT1 3_1
306	PA	Female	33	34	38	41	46	46
307	PA	Male	25	26	12	14	19	24
308	PA	Female	23	20	27	17	28	20
309	PA	Male	31	21	35	31	21	35
310	PA	Female	28	27	19	49	36	43
311	PA	Male	26	35	41	45	46	46
312	PA	Female	30	30	32	28	35	30
313	PA	Male	23	25	15	25	42	30
314	PA	Male	30	19	11	12	24	24
315	PA	Male	24.57	22.1	22.48	26.21	29	27.96
316	PA	Male	19	16	17	22	27	22
317	PA	Male	22	19	20	2	4	0
318	PA	Male	19	15	17	17	25	22
319	PA	Male	11	10	7	11	23	13
320	PA	Male	17	16	16	17	9	8
321	PA	Male	23	22	17	25	29	33
322	PA	Male	13	21	22	23	23	20
323	PA	Female	19	14	17	10	13	7
324	PA	Male	14	16	15	23	24	27.96
325	PA	Male	13	16	11	20	29	33
326	PA	Female	20	17	14	24	26	19
327	PA	Male	15	16	13	16	13	14
328	PA	Male	8	10	12	10	19	15
329	PA	Female	18	19	17	18	25	17
330	PA	Female	12	14	11	16	19	16
331	PA	Female	27	29	29	34	35	34
332	PA	Female	16	13	16	20	21	12
333	PA	Female	16	14	12	50	30	20
334	PA	Female	20	18	29	23	32	32
335	PA	Female	21	27	19	14	28	25
336	PA	Female	19	14	14	16	19	21
337	PA	Female	21	21	16	21	23	19
338	PA	Female	20	18	17	28	31	19
339	PA	Female	16	18	15	25	30	21
340	PA	Female	18	18	22	19	28	17
341	PA	Female	19	17	15	25	20	27
342	PA	Female	15	20	20	32	34	27
343	PA	Female	23	15	25	18	24	49

s.no	YOGA1 PA0	sexMALE1FEM ALE0	SLCT 1_1	SLCT 2_1	SLCT 3_1	SLCT1 1_1	SLCT1 2_1	SLCT1 3_1
344	PA	Female	23	27	17	36	24	24
345	PA	Female	16	16	18	0	0	10
346	PA	Male	24.57	22.1	22.48	26.21	29	27.96
347	PA	Female	24.57	22.1	22.48	26.21	29	27.96
348	PA	Male	24.57	22.1	22.48	26.21	29	27.96
349	PA	Male	24.57	22.1	22.48	26.21	29	27.96
350	PA	Male	20	16	53	13	21	16
351	PA	Female	24.57	22.1	22.48	26.21	29	27.96
352	PA	Female	16	14	12	20	17	37
196	PA	Male	21	20	24	22	24	18
198	PA	Male	29	23	28	26	33	29
200	PA	Male	29	17	17	14	15	18
202	PA	Male	16	14	26	60	51	25
203	PA	Male	23	16	26	21	21	18
204	PA	Male	22	21	22	15	20	25
205	PA	Female	23	21	16	13	11	13
206	PA	Male	11	11	11	34	50	32
207	PA	Male	39	20	37	30	29	28
208	PA	Male	13	23	11	24	34	28
209	PA	Female	24	21	29	24	49	25
210	PA	Male	44	43	29	44	44	40
211	PA	Male	36	27	35	16	35	27
212	PA	Male	30	22	19	28	27	23
213	PA	Male	28	25	12	35	22	29
214	PA	Male	13	11	14	22	26	20
215	PA	Male	13	15	17	14	15	15
216	PA	Female	45	21	10	14	17	22
217	PA	Male	16	11	11	19	16	12
218	PA	Female	20	20	21	20	21	21
219	PA	Female	30	32	26	16	24	18
220	PA	Female	34	24	18	22	17	17
221	PA	Female	15	16	13	10	14	14
222	PA	Female	32	40	22	36	31	27
223	PA	Female	20	30	40	22	21	21
224	PA	Female	14	15	28	17	21	23
225	PA	Female	12	11	11	24	29	20
226	PA	Male	20	19	33	14	20	25
227	PA	Female	21	20	23	5	16	16

s.no	YOG A1 PA0	Sex MALE1 FEMALE0	SLCT1 _1	SLCT2 _1	SLCT3 _1	SLCT11 _1	SLCT12 _1	SLCT13 _1
228	PA	Male	42	15	26	18	20	17
229	PA	Female	16	16	20	25	30	28
230	PA	Female	19	20	20	16	21	17
231	PA	Female	38	13	14	18	30	27
232	PA	Female	15	19	28	17	35	29
233	PA	Female	21	14	23	25	24	26
731	PA	Male	24.57	22.1	22.48	26.21	29	27.96
733	PA	Female	28	21	22	29	33	32
735	PA	Female	23	29	27	30	24	37
737	PA	Female	21	24	24	31	31	43
739	PA	Female	38	21	15	28	31	40
741	PA	Female	21	19	28	30	32	38
743	PA	Female	24	20	15	25	31	32
745	PA	Female	24	24	27	33	27	31
747	PA	Male	36	36	30	31	29	25
749	PA	Female	30	16	17	35	34	37
751	PA	Male	39	21	17	35	34	35
753	PA	Female	37	49	37	31	34	35
755	PA	Female	19	16	10	23	24	26
757	PA	Male	29	24	17	29	29	24
759	PA	Male	37	30	30	30	40	46
761	PA	Male	30	30	30	35	42	45
763	PA	Female	37	32	35	30	27	26
765	PA	Female	25	18	16	36	34	37
767	PA	Male	40	26	32	36	25	33
769	PA	Male	29	25	22	37	40	36
771	PA	Male	36	30	31	30	26	25
773	PA	Female	18	20	14	25	30	30
775	PA	Male	32	28	27	21	25	40
777	PA	Male	29	21	20	25	30	15
779	PA	Female	18	19	13	21	19	19
781	PA	Male	20	14	24	13	26	26
783	PA	Male	10	17	14	24	20	21
785	PA	Male	18	14	13	26	34	32
787	PA	Male	26	20	28	33	41	43
789	PA	Female	15	18	25	32	35	22

s.no	YOGA1 PA0	Sex MALE1 FEMALE0	SLCT 1_1	SLCT 2_1	SLCT 3_1	SLCT 11_1	SLCT 12_1	SLCT 13_1
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791	PA	Male	10	11	15	31	29	29
793	PA	Male	45	31	28	33	27	28
795	PA	Female	30	13	16	26	29	32
797	PA	Male	25	27	22	30	34	32
798	PA	Male	11	15	15	33	33	32
799	PA	Male	16	16	11	36	35	22
800	PA	Female	18	18	17	29	32	33
801	PA	Male	20	14	24	22	36	35
802	PA	Female	10	17	14	24	34	35
234	PA	Male	23	25	25	23	25	23
235	PA	Male	27	29	29	33	34	30
236	PA	Male	22	13	21	23	28	25
237	PA	Male	22	29	27	24	36	28
238	PA	Male	30	24	16	15	23	15
239	PA	Male	18	12	13	14	19	17
240	PA	Male	12	15	11	21	26	18
241	PA	Male	24.57	22.1	22.48	26.21	29	27.96
242	PA	Male	39	31	27	20	27	22
244	PA	Male	20	24	26	12	23	13
246	PA	Male	23	22	25	14	22	22
248	PA	Male	24.57	22.1	22.48	26.21	29	27.96
250	PA	Male	38	31	34	21	32	19
252	PA	Male	27	22	25	26.21	24	25
254	PA	Male	10	16	20	25	24	15
256	PA	Male	24.57	22.1	22.48	26.21	29	27.96
258	PA	Male	21	22	23	25	31	31
260	PA	Male	24	25	18	25	31	31
262	PA	Male	11	14	19	24	29	15
264	PA	Male	11	13	17	13	12	12
266	PA	Male	24.57	22.1	22.48	26.21	29	27.96
268	PA	Male	23	23	27	20	27	16
270	PA	Male	21	16	21	22	24	24
272	PA	Male	11	18	13	21	17	16
274	PA	Female	23	19	22	14	17	23
276	PA	Female	18	19	19	18	26	16
s.no	YOGA1 PA0	sexMALE1FEM ALE0	SLCT 1_1	SLCT 2_1	SLCT 3_1	SLCT1 1_1	SLCT1 2_1	SLCT1 3_1
278	PA	Female	21	21	20	13	20	25
280	PA	Female	26	16	18	17	19	20
282	PA	Female	31	31	23	37	29	33
284	PA	Female	23	23	25	12	23	22
286	PA	Female	21	11	15	26	23	26
288	PA	Female	33	30	19	17	30	25
290	PA	Male	12	17	11	17	22	13
292	PA	Female	24	17	28	24	18	17

294	PA	Male	30	18	20	26	24	24
296	PA	Female	31	26	29	27	27	28
298	PA	Female	41	27	33	28	29	32
300	PA	Female	16	16	19	15	19	18
302	PA	Female	33	23	21	30	27	18
304	PA	Female	19	21	18	11	19	20
1	PA	Male	30	20	20	31	27	31
2	PA	Male	37	28	31	25	25	36
3	PA	Male	14	8	14	8	16	10
4	PA	Male	25	12	21	22	22	28
5	PA	Male	13	14	15	14	16	18
6	PA	Male	26	17	18	15	24	26
7	PA	Male	24	25	30	28	30	29
8	PA	Male	29	17	13	12	16	8
9	PA	Male	17	13	18	12	24	17
10	PA	Male	13	16	14	13	17	10
11	PA	Male	9	11	7	8	10	11
12	PA	Male	50	37	22	28	32	30
13	PA	Male	10	14	22	22	25	29
14	PA	Male	24.57	22.1	22.48	26.21	29	27.96
15	PA	Male	20	16	19	29	30	25
16	PA	Male	12	14	13	19	16	17
17	PA	Male	11	11	6	10	17	10
18	PA	Male	18	21	18	19	23	23
19	PA	Male	26	15	16	10	23	25
20	PA	Male	14	13	9	15	20	22
21	PA	Male	20	21	20	14	16	16
22	PA	Male	15	20	14	17	19	15
23	PA	Male	39	23	19	26	31	38

s.no	YOGA 1PA0	sexMALE1 FEMALE0	SLCT 1_1	SLCT 2_1	SLCT 3_1	SLCT 11_1	SLCT 12_1	SLCT 13_1
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24	PA	Male	21	18	15	20	30	18
25	PA	Male	21	24	16	16	25	24
26	PA	Male	23	27	23	20	28	19
27	PA	Female	34	25	23	19	20	10
28	PA	Female	15	12	19	18	32	20
29	PA	Female	21	14	16	11	19	16
30	PA	Female	28	23	21	21	32	28
31	PA	Female	24	17	20	18	20	13
32	PA	Female	10	10	10	14	22	19
33	PA	Female	19	15	10	11	14	12
34	PA	Female	15	10	15	15	20	55
35	PA	Female	36	27	32	29	37	30
36	PA	Female	27	21	28	20	24	31
37	PA	Female	27	17	20	17	22	28
38	PA	Female	35	22	25	28	25	30
39	PA	Female	15	13	19	16	14	20
40	PA	Male	26	12	10	22	24	24
41	PA	Female	28	13	28	21	29	9
82	PA	Female	14	13	11	15	15	18
84	PA	Male	14	15	15	20	21	20
85	PA	Female	14	11	12	13	14	16
86	PA	Male	24.57	22.1	22.48	26.21	29	27.96
87	PA	Male	24	17	15	14	18	18
88	PA	Female	24.57	22.1	22.48	26.21	29	27.96
89	PA	Male	21	16	22	20	22	23
90	PA	Female	14	13	14	18	17	18
91	PA	Female	11	17	10	19	20	18
92	PA	Male	24.57	22.1	22.48	26.21	29	27.96
93	PA	Female	24.57	22.1	22.48	26.21	29	27.96
94	PA	Male	15	13	17	13	18	18
95	PA	Male	15	18	19	15	16	20
96	PA	Female	13	14	12	14	16	17
97	PA	Female	18	16	18	16	16	16
98	PA	Male	24.57	22.1	22.48	26.21	29	27.96
99	PA	Male	18	18	18	17	18	17
100	PA	Female	24.57	22.1	22.48	26.21	29	27.96
101	PA	Female	13	15	16	15	15	14
102	PA	Male	14	15	14	15	16	16
103	PA	Male	11	17	16	17	16	17
104	PA	Female	16	16	19	16	15	18

s.no	YOGA 1PA0	sexMALE1 FEMALE0	SLCT 1_1	SLCT 2_1	SLCT 3_1	SLCT 11_1	SLCT 12_1	SLCT 13_1
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105	PA	Female	15	16	15	16	17	18
106	PA	Male	24.57	22.1	22.48	26.21	29	27.96
107	PA	Female	11	13	12	12	13	13
108	PA	Male	18	17	16	17	16	18
109	PA	Female	17	17	17	18	18	18
110	PA	Male	14	12	16	14	16	15
111	PA	Female	10	16	10	11	12	13
112	PA	Male	11	14	13	12	13	15
113	PA	Male	14	12	20	13	14	14
114	PA	Male	16	20	20	16	16	17
115	PA	Male	20	20	19	21	30	14
116	PA	Male	17	18	16	18	17	16
117	PA	Male	28	25	26	22	21	21
118	PA	Male	14	13	11	15	16	16
559	Yoga	Male	21	19	25	29	29	24
560	Yoga	Female	42	33	41	30	40	46
561	Yoga	Female	39	32	38	35	42	45
562	Yoga	Male	24	17	23	30	27	26
563	Yoga	Female	47	41	41	46	44	47
564	Yoga	Female	43	28	37	36	25	33
565	Yoga	Female	38	28	22	37	40	36
566	Yoga	Female	116	20	24	30	26	25
567	Yoga	Male	32	25	23	47	34	36
568	Yoga	Female	32	20	10	42	40	40
569	Yoga	Male	33	25	28	34	40	37
570	Yoga	Female	30	23	24	36	44	34
571	Yoga	Female	38	26	25	46	43	41
572	Yoga	Male	34	25	33	40	31	40
573	Yoga	Male	45	41	42	45	51	45
574	Yoga	Female	31	27	21	33	27	31
575	Yoga	Male	19	21	18	31	29	25
576	Yoga	Female	31	26	22	35	40	37
577	Yoga	Male	34	17	26	35	34	35
578	Yoga	Male	40	18	34	31	44	35
579	Yoga	Male	25	27	18	23	24	26
580	Yoga	Female	46	36	37	35	37	35
581	Yoga	Male	30	27	29	27	32	32
582	Yoga	Male	31	14	31	24	25	35

s.no	YOGA1	sexMALE1	SLCT	SLCT	SLCT	SLCT	SLCT	SLCT
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	PA0	FEMALE0	1_1	2_1	3_1	11_1	12_1	13_1
583	Yoga	Male	24	25	20	29	40	37
584	Yoga	Female	28	24	27	31	30	24
585	Yoga	Female	26	21	18	26	39	36
586	Yoga	Female	44	38	39	65	46	44
587	Yoga	Male	32	33	30	30	44	40
588	Yoga	Male	33	30	37	40	43	42
589	Yoga	Female	29	19	20	35	36	37
590	Yoga	Female	32	28	29	28	36	25
591	Yoga	Female	34	39	34	26	43	35
592	Yoga	Male	34	28	31	30	48	33
593	Yoga	Male	32	30	30	34	33	37
594	Yoga	Female	30	23	20	30	35	32
595	Yoga	Female	46	37	40	47	41	52
596	Yoga	Female	35	30	32	49	42	40
597	Yoga	Male	43	24	23	40	30	37
598	Yoga	Female	34	24	27	50	48	33
353	Yoga	Female	20	19	16	16	17	20
354	Yoga	Male	25	9	12	15	30	33
355	Yoga	Female	24.57	22.1	22.48	19	21	19
356	Yoga	Male	18	20	14	16	28	17
357	Yoga	Male	32	28	27	32	34	30
358	Yoga	Female	29	21	20	37	34	50
359	Yoga	Female	18	19	13	37	30	38
360	Yoga	Female	20	14	24	26	20	22
361	Yoga	Male	10	17	14	12	22	14
362	Yoga	Female	18	14	13	15	18	16
363	Yoga	Female	26	20	28	25	30	30
364	Yoga	Male	15	18	25	21	25	40
365	Yoga	Male	10	11	15	25	30	15
366	Yoga	Male	14	18	10	21	19	19
367	Yoga	Female	19	28	28	13	26	26
368	Yoga	Female	21	19	11	24	20	21
369	Yoga	Female	27	15	20	26	34	32
370	Yoga	Male	26	21	27	33	41	43
371	Yoga	Female	24	22	19	32	35	22
372	Yoga	Male	24.57	22.1	22.48	26.21	29	27.96
373	Yoga	Male	24.57	22.1	22.48	26.21	29	27.96
374	Yoga	Male	22	17	11	33	20	21
375	Yoga	Female	31	21	19	31	35	35
376	Yoga	Female	16	28	28	32	30	35
377	Yoga	Female	45	31	28	43	37	38
378	Yoga	Male	30	13	16	24	42	11
379	Yoga	Male	25	27	22	26	40	17
380	Yoga	Male	11	15	15	13	33	30
381	Yoga	Female	16	16	11	17	22	15

382	Yoga	Male	11	16	11	25	21	24
383	Yoga	Female	24.57	22.1	22.48	26.21	29	27.96
384	Yoga	Female	12	16	15	22	18	16
385	Yoga	Male	15	17	20	20	21	22
386	Yoga	Female	25	28	28	32	24	37
387	Yoga	Female	10	17	19	17	20	23
388	Yoga	Female	33	20	36	40	28	44
389	Yoga	Male	21	13	27	30	39	21
390	Yoga	Male	16	14	18	16	31	30
391	Yoga	Female	24	19	40	37	50	36
392	Yoga	Male	26	31	34	40	58	38
393	Yoga	Female	21	18	18	38	27	25
394	Yoga	Male	19	15	14	30	45	33
396	Yoga	Male	23	27	20	34	32	30
437	Yoga	Male	24	20	36	26	27	30
438	Yoga	Female	34	20	16	24	30	33
439	Yoga	Male	40	30	28	32	31	29
440	Yoga	Female	30	22	30	21	28	28
441	Yoga	Male	35	30	32	32	34	30
442	Yoga	Female	32	25	27	37	34	50
443	Yoga	Male	28	29	21	37	30	38

s.no	YOGA1	sexMALE1FEM	SLCT1	SLCT	SLCT	SLCT1	SLCT1	SLCT1
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	PA0	ALE0	_1	2_1	3_1	1_1	2_1	3_1
444	Yoga	Female	32	28	24	29	32	29
445	Yoga	Female	30	21	22	26	31	27
446	Yoga	Male	29	27	33	28	29	32
447	Yoga	Female	35	26	27	25	30	30
448	Yoga	Male	37	28	32	28	32	40
449	Yoga	Female	30	24	19	28	30	35
450	Yoga	Female	31	28	37	31	29	29
451	Yoga	Female	38	23	28	33	27	28
452	Yoga	Female	40	21	40	26	29	32
453	Yoga	Female	23	27	25	30	34	32
454	Yoga	Male	33	31	38	33	33	43
455	Yoga	Female	30	29	30	36	35	22
456	Yoga	Female	31	33	28	29	32	33
457	Yoga	Female	30	40	36	28	34	39
458	Yoga	Female	30	26	26	30	34	32
459	Yoga	Female	36	21	14	33	33	43
460	Yoga	Female	31	22	24	37	30	38
461	Yoga	Male	19	16	10	29	32	29
462	Yoga	Female	29	24	17	26	30	27
463	Yoga	Male	37	30	30	27	29	32
464	Yoga	Male	30	30	30	36	33	22
465	Yoga	Male	37	32	35	28	31	40
466	Yoga	Male	25	18	16	29	39	35
467	Yoga	Female	40	26	32	30	34	30
468	Yoga	Female	29	25	22	31	31	43
469	Yoga	Male	36	30	31	37	30	38
470	Yoga	Male	32	29	24	28	33	29
471	Yoga	Male	27	23	17	27	31	33
473	Yoga	Female	31	32	26	30	32	32
475	Yoga	Male	33	33	27	31	30	43
477	Yoga	Female	25	18	27	32	31	36
479	Yoga	Female	19	18	18	28	32	40
481	Yoga	Male	40	22	21	27	31	35
608	Yoga	Male	20	17	14	24	19	14
610	Yoga	Female	33	27	34	34	35	44
612	Yoga	Female	39	60	13	24	37	48
614	Yoga	Female	31	21	20	33	45	43
616	Yoga	Female	19	17	24	31	53	45
618	Yoga	Female	28	22	21	49	56	48
620	Yoga	Male	41	34	25	34	36	36
622	Yoga	Male	21	24	24	33	34	43
624	Yoga	Male	38	21	15	43	30	36
626	Yoga	Male	21	19	28	43	30	36
628	Yoga	Male	24	20	15	26.21	29	27.96

s.no	YOGA1 PA0	Sex MALE1 FEMALE0	SLCT1 _1	SLCT 2_1	SLCT 3_1	SLCT1 1_1	SLCT1 2_1	SLCT1 3_1
630	Yoga	Male	24	24	27	31	21	35
632	Yoga	Female	36	36	30	38	53	48
634	Yoga	Female	30	16	17	22	16	18
636	Yoga	Female	39	21	17	36	48	36
638	Yoga	Female	37	49	37	28	50	46
640	Yoga	Male	19	30	12	22	36	35
642	Yoga	Female	48	38	33	44	44	45
644	Yoga	Female	35	33	22	39	42	46
646	Yoga	Female	33	22	24	30	28	28
648	Yoga	Male	30	36	30	31	33	40
650	Yoga	Male	23	16	22	35	34	33
652	Yoga	Male	32	18	38	36	28	40
654	Yoga	Male	32	29	22	22	20	33
656	Yoga	Male	39	34	7	24	41	32
658	Yoga	Female	30	22	16	14	50	59
660	Yoga	Female	26	16	20	45	32	48
662	Yoga	Male	27	12	30	23	44	36
664	Yoga	Male	33	24	23	30	35	42
666	Yoga	Female	16	43	20	42	38	40
668	Yoga	Female	26	43	37	40	50	47
670	Yoga	Female	15	21	20	24	55	38
671	Yoga	Female	29	29	23	36	45	68
672	Yoga	Female	32	32	25	42	53	41
673	Yoga	Male	30	20	10	18	29	23
674	Yoga	Female	29	30	20	33	47	47
675	Yoga	Female	25	20	19	35	33	46
676	Yoga	Female	29	19	23	45	49	55
677	Yoga	Female	19	27	25	31	34	33
678	Yoga	Female	19	18	15	28	33	38
710	Yoga	Female	18	12	10	22	23	26
712	Yoga	Female	21	15	15	23	24	23
714	Yoga	Male	18	12	11	15	24	37
716	Yoga	Female	17	19	21	26	32	32
718	Yoga	Female	21	17	18	16	20	20
720	Yoga	Female	20	20	16	21	16	15
722	Yoga	Female	26	26	19	38	22	29

s.no	YOGA1 PA0	sexMALE1FE MALE0	SLCT 1_1	SLCT 2_1	SLCT 3_1	SLCT1 1_1	SLCT1 2_1	SLCT1 3_1
724	Yoga	Female	13	14	17	15	16	13
726	Yoga	Female	19	20	18	18	28	18
728	Yoga	Female	29	27	29	31	33	35
730	Yoga	Female	23	34	23	35	36	36
732	Yoga	Female	11	11	17	18	18	28
734	Yoga	Female	31	20	20	30	33	48
736	Yoga	Female	24	22	15	15	19	14
738	Yoga	Female	28	26	22	30	31	33
740	Yoga	Female	18	25	19	15	24	20
742	Yoga	Female	28	26	23	23	30	20
744	Yoga	Female	20	13	22	28	28	19
746	Yoga	Female	20	17	20	28	25	25
748	Yoga	Female	27	31	31	31	38	40
750	Yoga	Female	20	29	22	12	19	13
752	Yoga	Female	11	15	13	12	26	16
754	Yoga	Male	15	16	16	13	22	13
756	Yoga	Male	14	16	21	15	23	15
758	Yoga	Female	18	17	13	28	29	31
760	Yoga	Female	17	16	12	22	29	30
762	Yoga	Male	19	18	14	14	19	20
764	Yoga	Female	27	12	16	28	26	30
766	Yoga	Male	12	18	12	15	18	13
768	Yoga	Male	13	14	15	25	21	21
770	Yoga	Male	12	11	12	14	18	17
772	Yoga	Male	27	29	27	31	27	31
774	Yoga	Male	13	16	10	18	18	12
776	Yoga	Male	25	22	12	35	34	25
778	Yoga	Male	13	21	14	18	21	26
780	Yoga	Female	25	27	18	24	26	32
782	Yoga	Female	19	15	11	16	18	17
784	Yoga	Female	18	23	12	21	21	17
786	Yoga	Female	32	21	19	30	33	30
788	Yoga	Male	21	24	28	20	21	37
790	Yoga	Male	22	25	24	47	58	56
792	Yoga	Male	16	15	15	17	18	23
794	Yoga	Male	36	21	23	48	62	41

s.no	YOGA1 PA0	Sex MALE1 FEMALE0	SLCT 1_1	SLCT 2_1	SLCT 3_1	SLCT 11_1	SLCT 12_1	SLCT 13_1
796	Yoga	Male	23	17	16	10	17	7
515	Yoga	Male	12	10	15	12	16	19
516	Yoga	Male	16	17	16	27	21	24
517	Yoga	Male	32	23	21	46	33	34
518	Yoga	Female	46	30	28	30	33	14
519	Yoga	Male	23	17	16	20	23	14
520	Yoga	Male	16	16	16	11	15	17
521	Yoga	Male	43	43	52	15	19	10
522	Yoga	Male	33	24	40	24	26	28
523	Yoga	Female	29	14	23	15	20	14
524	Yoga	Male	28	20	16	28	33	22
525	Yoga	Female	26	21	24	43	35	28
526	Yoga	Female	57	61	56	33	33	24
527	Yoga	Male	13	14	17	11	22	11
528	Yoga	Male	44	37	33	25	28	26
529	Yoga	Female	51	40	20	40	35	19
530	Yoga	Male	52	20	38	44	36	31
531	Yoga	Male	19	13	11	16	16	11
532	Yoga	Female	25	29	35	36	39	28
533	Yoga	Male	35	39	23	44	27	27
534	Yoga	Female	20	27	24	39	32	34
535	Yoga	Female	27	16	28	36	32	27
536	Yoga	Male	37	26	54	23	23	31
537	Yoga	Male	25	29	32	32	28	32
538	Yoga	Female	14	16	12	19	26	20
539	Yoga	Female	16	16	16	28	34	41
540	Yoga	Male	34	37	32	38	44	25
541	Yoga	Female	17	10	18	14	12	12
542	Yoga	Female	27	19	28	32	38	36
543	Yoga	Female	31	21	30	27	34	28
544	Yoga	Female	35	27	22	29	27	18
545	Yoga	Male	38	40	33	33	38	44
546	Yoga	Male	19	13	21	12	17	20
547	Yoga	Male	18	18	18	14	18	14
548	Yoga	Female	32	22	20	22	37	32
549	Yoga	Male	33	21	47	38	45	52
554	Yoga	Female	37	55	45	44	42	32
555	Yoga	Male	23	29	30	28	30	30
556	Yoga	Male	29	30	26	35	31	30
557	Yoga	Male	21	16	17	18	20	17
558	Yoga	Male	22	12	22	40	35	39
679	Yoga	Male	38	36	38	26	27	30
680	Yoga	Male	33	40	40	24	30	33
681	Yoga	Male	24.57	22.1	22.48	26.21	29	27.96

682	Yoga	Female	24.57	22.1	22.48	26.21	29	27.96
683	Yoga	Male	24.57	22.1	22.48	26.21	29	27.96
684	Yoga	Male	24.57	22.1	22.48	26.21	29	27.96
685	Yoga	Male	28	33	57	14	50	59
686	Yoga	Male	27	30	36	45	32	48
687	Yoga	Male	24.57	22.1	22.48	23	44	36
688	Yoga	Male	24.57	22.1	22.48	30	35	42
689	Yoga	Male	18	26	14	42	38	40
690	Yoga	Male	15	23	20	26.21	29	27.96
691	Yoga	Female	28	30	29	34	36	36
692	Yoga	Male	25	45	23	33	34	43
693	Yoga	Male	24.57	22.1	22.48	26.21	29	27.96
694	Yoga	Female	21	30	45	43	30	36
695	Yoga	Female	18	30	46	42	40	40
696	Yoga	Female	23	40	42	34	40	37
697	Yoga	Female	24	31	40	36	44	34
698	Yoga	Female	32	36	38	46	43	41
699	Yoga	Female	28	33	41	65	46	44
700	Yoga	Female	28	35	35	30	44	40
701	Yoga	Female	24	33	29	40	43	42
702	Yoga	Female	26	18	32	35	36	37
703	Yoga	Female	24.57	22.1	22.48	28	36	25
704	Yoga	Male	24.57	22.1	22.48	26	43	35
705	Yoga	Female	29	31	44	30	48	33
706	Yoga	Female	17	20	15	28	36	25
707	Yoga	Female	24.57	22.1	22.48	26.21	29	27.96
708	Yoga	Female	35	48	51	26	43	35
709	Yoga	Female	35	42	45	43	30	36
711	Yoga	Female	46	46	44	32	31	29
713	Yoga	Female	44	47	42	21	28	28
715	Yoga	Female	18	17	28	32	34	30
717	Yoga	Male	21	20	15	31	53	45
719	Yoga	Female	25	22	26	49	56	48
721	Yoga	Female	19	28	20	34	36	36
723	Yoga	Female	19	15	25	33	34	43
725	Yoga	Female	23	24	32	43	30	36
727	Yoga	Female	28	45	51	43	30	36
729	Yoga	Female	32	54	46	36	33	22
599	Yoga	Male	22	17	14	25	24	26
600	Yoga	Male	23	23	23	32	34	28
601	Yoga	Male	27	27	24	33	28	30
602	Yoga	Male	24	26	29	32	48	33
603	Yoga	Male	10	11	13	16	16	13
604	Yoga	Male	21	24	14	26	24	26
605	Yoga	Male	17	17	18	21	25	14
606	Yoga	Male	20	17	14	18	25	27

607	Yoga	Male	18	14	20	15	28	15
609	Yoga	Male	18	14	11	12	17	4
611	Yoga	Male	12	14	13	17	27	16
613	Yoga	Male	17	18	15	28	21	18
615	Yoga	Female	24.57	22.1	22.48	26.21	29	27.96
617	Yoga	Male	10	13	18	12	17	8
619	Yoga	Male	11	13	14	19	26	29
621	Yoga	Male	30	28	19	25	28	28
623	Yoga	Male	40	30	26	30	36	25
625	Yoga	Male	25	17	13	13	27	24
627	Yoga	Male	29	20	15	14	23	19
629	Yoga	Male	16	17	10	16	26	17
631	Yoga	Male	24.57	22.1	22.48	26.21	29	27.96
633	Yoga	Female	33	25	24	29	29	29
635	Yoga	Female	29	22	13	25	24	21
637	Yoga	Female	23	25	21	33	42	25
639	Yoga	Female	32	31	33	27	55	33
641	Yoga	Female	17	19	24	26	28	23
643	Yoga	Female	14	18	16	24	26	21
645	Yoga	Female	36	29	31	37	32	36
647	Yoga	Female	13	13	14	26	24	25
649	Yoga	Female	19	18	16	14	28	23
651	Yoga	Female	28	22	20	36	32	37
653	Yoga	Female	19	23	26	30	33	34
655	Yoga	Female	24	17	18	23	28	17
657	Yoga	Female	18	17	8	25	27	27
659	Yoga	Female	11	15	14	13	17	13
661	Yoga	Female	14	13	15	19	22	27.96
663	Yoga	Female	24.57	22.1	22.48	26.21	29	27.96
665	Yoga	Female	23	23	16	16	23	15
667	Yoga	Female	15	12	15	35	25	29
669	Yoga	Female	16	13	15	19	26	23
395	Yoga	Male	33	28	32	36	35	39
397	Yoga	Male	18	22	23	18	29	21
398	Yoga	Male	18	16	19	16	28	9
399	Yoga	Male	19	21	24	29	34	33
400	Yoga	Male	13	15	18	24	19	15
401	Yoga	Female	12	11	17	19	23	29
402	Yoga	Male	24	23	29	42	40	39
403	Yoga	Male	21	22	19	24	14	17
404	Yoga	Male	14	15	19	17	29	17
405	Yoga	Male	20	21	21	25	20	18
406	Yoga	Male	23	22	28	40	42	41
407	Yoga	Male	20	23	26	18	30	30
408	Yoga	Male	25	26	25	27	25	28
409	Yoga	Male	24	22	26	33	26	27

410	Yoga	Male	25	21	25	26	19	15
411	Yoga	Male	18	18	21	19	34	19
412	Yoga	Male	23	25	29	42	35	30
413	Yoga	Male	28	29	29	42	32	39
414	Yoga	Male	27	27	28	25	33	34
415	Yoga	Male	28	29	30	40	41	44
420	Yoga	Male	26	24	27	32	36	28
421	Yoga	Female	23	21	27	35	28	35
422	Yoga	Female	29	31	31	48	40	26
423	Yoga	Male	15	15	20	15	16	22
424	Yoga	Female	21	21	24	30	28	30
425	Yoga	Female	23	25	29	23	44	27
426	Yoga	Female	18	19	21	15	27	28
427	Yoga	Female	20	21	22	17	10	32
428	Yoga	Female	20	25	25	19	31	22
429	Yoga	Female	24	22	27	35	32	30
430	Yoga	Female	24.57	22.1	22.48	26.21	29	27.96
431	Yoga	Female	24.57	22.1	22.48	26.21	29	27.96
432	Yoga	Female	19	21	21	18	27	22
433	Yoga	Female	24.57	22.1	22.48	26.21	29	27.96
434	Yoga	Female	22	22	25	24	32	23
435	Yoga	Female	23	23	25	37	33	27
436	Yoga	Female	25	25	28	32	27	24
472	Yoga	Female	11	13	12	13	39	36
474	Yoga	Male	13	15	16	20	23	14
476	Yoga	Male	12	16	17	30	21	19
478	Yoga	Female	16	17	16	24	31	27
480	Yoga	Male	12	14	19	16	17	22
482	Yoga	Female	11	14	14	13	14	13
483	Yoga	Male	12	12	17	14	14	14
484	Yoga	Female	14	12	14	26	20	41
485	Yoga	Male	10	12	14	14	11	11
486	Yoga	Female	20	21	22	35	38	42
487	Yoga	Male	12	14	11	18	24	27
488	Yoga	Male	15	17	18	16	14	17
489	Yoga	Female	12	14	15	20	25	17
490	Yoga	Male	13	13	14	14	13	14
491	Yoga	Female	13	11	14	16	16	15

497	Yoga	Male	13	14	15	16	22	21
498	Yoga	Female	14	14	12	21	22	24
499	Yoga	Male	19	19	17	14	14	30
500	Yoga	Female	24.57	22.1	22.48	26.21	29	27.96
501	Yoga	Male	10	13	10	19	24	14
502	Yoga	Male	14	14	19	32	33	30
503	Yoga	Male	18	19	20	29	25	35
504	Yoga	Male	24.57	22.1	22.48	26.21	29	27.96
505	Yoga	Male	16	12	16	43	33	41
506	Yoga	Male	11	11	10	20	21	24
507	Yoga	Male	11	15	18	12	22	28
508	Yoga	Male	15	11	15	24	32	31
509	Yoga	Male	34	23	26	21	37	22
510	Yoga	Male	21	22	22	39	36	40
511	Yoga	Female	24.57	22.1	22.48	26.21	29	27.96
512	Yoga	Female	21	24	24	33	43	39
513	Yoga	Female	16	17	16	15	24	16
514	Yoga	Female	24.57	22.1	22.48	26.21	29	27.96

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## 2. Digit Letter Substitution Test

s.no	YOGA 1PA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DS F_1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
159	PA	Female		37	24	34	54	21	49	52
160	PA	Female	49	43	47	6.2 9	10	57	54	52
161	PA	Male	48	44	50	4	5	59	54	53
162	PA	Female	46	55	46	5	10	45	62	61
163	PA	Female	32	30	37	5	0	40	39	42
164	PA	Female	53	48	54	1	6	77	70	68
165	PA	Male	50	48	46	5	9	41	52	44
166	PA	Male	43	46	51	4	9	41	52	44
167	PA	Female	24	35	24	6	1	63	58	42
168	PA	Male	41	28	28	4	10	38	36	43
169	PA	Male	75	65	70	6	10	84	81	80
170	PA	Female	41	37	47	4	1	45	47	48
171	PA	Male	39	30	28	4	6	51	66	40
172	PA	Male	36	40	34	4	6	61	50	52
173	PA	Male	57	53	50	5	9	73	72	62
174	PA	Female	49	43	48	3	7	52	62	56
175	PA	Male	56	61	62	7	9	68	67	71
176	PA	Male	46	44	40	7	9	43	54	62
177	PA	Female	49.85	34	55.05	6.2 9	6.9	44	18	44

178	PA	Male	40	36	43	4	7	45	46	52
179	PA	Female	54	55	60	6	8	53	65	62
180	PA	Female	52	43	53	5	6	55	56	50
181	PA	Male	51	39	66	8	9	62	69	55
182	PA	Male	34	29	37	0	5	40	45	39
183	PA	Male	46	44	44	7	7	48	48	55
184	PA	Male	41	42	47	6.2 9	0	60	30	54
185	PA	Male	47	41	47	2	5	58	45	51
186	PA	Male	49.85	28	55.05	1	3	27	32	39
187	PA	Female	49	48	48	5	5	60	55	61
188	PA	Male	37	30	34	3	5	41	44	45
189	PA	Male	57	51	52	2	0	66	58	65
190	PA	Male	46	44	46	4	6	62	70	60
191	PA	Female	64	65	63	3	6	64	66	64
192	PA	Female	60	55	58	5	0	72	73	74
193	PA	Male	43	32	41	4	6	40	45	48
194	PA	Male	56	44	50	2	7	58	56	56
195	PA	Female	80	77	75	5	10	91	92	91
197	PA	Male	38	27	37	2	4	54	54	50
199	PA	Male	46	42	44	5	8	57	56	60

55	PA	Female	50	59	54	10	10	50	51	67
56	PA	Male	52	60	62	8	9	66	79	67
57	PA	Female	49	50	48	7	8	60	49	60
58	PA	Female	52	59	60	10	8	51	60	60
59	PA	Male	43	84	56	9	9	60	51	56
60	PA	Male	69	57	51	10	9	55	48	57
61	PA	Female	55	62	54	10	8	50	63	57
62	PA	9999	49.85	50.53	55.05	8	9	56.9	57.91	61.62
63	PA	Female	58	75	80	9	9	84	85	84
64	PA	Female	40	48	48	9	10	50	48	60
65	PA	Female	60	67	64	9	10	64	69	69
66	PA	Male	49.85	65	66	7	8	50	61	74
67	PA	Male	49.85	60	67	6	9	38	46	65
68	PA	Male	49.85	68	25	8	10	42	48	63
69	PA	Male	64	69	72	9	10	72	77	77
70	PA	Male	72	48	38	7	8	38	42	50
71	PA	Male	48	60	48	8	8	50	55	67
72	PA	Female	52	58	55	6	8	55	57	69
73	PA	Male	72	65	67	9	9	65	72	75
74	PA	Female	57	63	56	10	10	56	61	66

75	PA	Female	49	48	48	7	7	48	60	53
76	PA	Female	89	86	54	8	7	70	84	85
77	PA	Male	49.85	36	60	8	8	52	57	64
78	PA	Female	54	60	55	8	8	52	57	64

s.no	YOGA 1PA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DS F_1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
79	PA	Male	88	57	52	6	9	43	56	55
80	PA	Female	66	45	48	9	9	36	50	52
81	PA	Male	72	44	43	9	9	43	51	48
83	PA	Male	89	57	54	7	8	56	60	70
119	PA	Male	49.85	50.53	55.05	6.2 9	6.9	56.9	57.91	61.62
120	PA	Male	49.85	50.53	55.05	6.2 9	6.9	56.9	57.91	61.62
121	PA	Male	49.85	50.53	55.05	6.2 9	6.9	56.9	57.91	61.62
123	PA	Male	39	40	42	6	8	60	49	60
124	PA	Male	50	60	94	8	8	61	66	67
125	PA	Female	57	60	72	8	9	60	51	56
126	PA	Male	44	44	70	9	9	55	48	57
127	PA	Female	34	33	46	10	9	50	63	57
128	PA	Male	36	65	91	10	10	56.9	57.91	61.62
129	PA	Male	47	67	93	9	7	84	85	84
130	PA	Female	52	60	81	8	8	60	58	65
131	PA	Female	29	35	46	9	8	64	69	69
132	PA	Female	55	59	80	7	7	50	61	74
133	PA	Female	48	53	59	6	9	38	46	65
134	PA	Female	38	50	65	7	9	42	48	63
135	PA	Female	61	69	74	8	9	72	77	77
136	PA	Female	47	56	72	9	9	38	42	50

137	PA	Male	38	44	50	8	10	70	84	85
138	PA	Male	49.85	50.53	55.05	7	6	56.9	57.91	61.62
139	PA	Female	60	66	90	7	7	62	67	65
140	PA	Female	57	64	90	8	9	72	66	64
141	PA	Male	49.85	50.53	55.05	8	8	56.9	57.91	61.62
142	PA	Male	49.85	50.53	55.05	9	9	56.9	57.91	61.62
143	PA	Male	44	65	94	10	10	43	56	55
144	PA	Male	39	44	68	9	8	36	50	52
145	PA	Female	47	55	72	6	9	43	51	48
146	PA	Female	37	48	60	7	9	56	60	70
147	PA	Female	50	60	70	10	9	64	66	64
148	PA	Male	54	67	84	10	9	72	73	74
149	PA	Female	37	48	65	8	10	40	45	48
150	PA	Female	42	60	69	9	9	58	56	56
151	PA	Female	46	59	51	9	9	91	92	91
152	PA	Female	51	61	75	6	9	54	54	50

s.no	YOGA 1PA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DS F_1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
153	PA	Female	49	61	72	7	8	57	56	60
154	PA	Female	47	50	67	10	9	55	68	57
155	PA	Male	50	62	88	10	10	59	54	53
156	PA	Male	72	84	94	8	9	45	62	61
157	PA	Female	60	74	73	6	9	40	39	42
158	PA	Male	49.85	50.53	55.05	8	9	56.9	57.91	61.62
243	PA	Male	24	34	48	9	10	72	53	55
245	PA	Male	37	31	39	9	10	65	50	60
247	PA	Female	62	56	67	9	10	66	69	72
249	PA	Female	61	62	68	9	10	77	81	86
251	PA	Female	52	52	57	9	9	48	49	53
253	PA	Male	58	55	64	8	10	67	76	80
255	PA	Female	45	46	51	9	10	52	65	56
257	PA	Female	44	49	55	6	9	52	57	59
259	PA	Female	51	55	60	8	10	62	59	67
261	PA	Female	41	49	56	8	10	64	63	70
263	PA	Male	20	19	26	10	10	48	49	48
265	PA	Male	48	57	41	8	10	60	51	50
267	PA	Male	38	43	56	10	10	55	68	76
269	PA	Female	47	46	43	5	4	39	36	42
271	PA	Male	45	72	59	4	8	54	51	47
273	PA	Male	50	48	53	10	10	49	53	52
275	PA	Male	44	43	45	10	10	60	50	50
277	PA	Female	51	53	63	10	10	60	60	44
279	PA	Male	54	58	54	9	9	53	58	63
281	PA	Female	48	52	60	10	10	62	47	53
283	PA	Male	16	22	31	9	10	16	29	35
285	PA	Male	33	33	45	10	10	54	36	49
287	PA	Female	41	44	44	10	2	40	47	44
289	PA	Female	39	44	48	5	10	44	60	72
291	PA	Female	37	27	41	0	10	37	68	72
293	PA	Female	48	48	45	10	10	47	54	57
295	PA	Female	63	68	69	6	8	67	68	68
297	PA	Male	69	53	66	10	10	69	53	66
299	PA	Female	55	57	50	10	10	53	63	59
301	PA	Female	63	65	77	10	9	72	77	75
303	PA	Female	60	63	64	10	10	66	72	74
305	PA	Female	60	49	60	6	10	60	74	74

s.no	YOGA 1PA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DS F_1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
306	PA	Female	51	53	60	10	10	60	81	66
307	PA	Male	45	58	48	10	9	48	48	57
308	PA	Female	40	40	38	9	9	47	48	56
309	PA	Male	60	54	54	9	10	60	25	36
310	PA	Female	48	52	43	10	10	55	66	67
311	PA	Male	65	70	67	10	10	74	85	77
312	PA	Female	62	66	78	10	10	71	90	79
313	PA	Male	34	38	41	9	9	48	35	43
314	PA	Male	39	40	41	5	8	53	52	72
315	PA	Male	49.85	50.53	55.05	6.2 9	6.9	56.9	57.91	61.62
316	PA	Male	44	44	53	7	5	62	50	57
317	PA	Male	39	36	39	5	4	40	50	56
318	PA	Male	35	36	43	5	5	45	48	62
319	PA	Male	33	35	35	3	4	35	36	39
320	PA	Male	16	17	18	7	5	22	26	28
321	PA	Male	36	39	35	5	5	51	44	48
322	PA	Male	45	45	45	4	5	50	60	63
323	PA	Female	29	26	35	4	5	39	36	47
324	PA	Male	35	24	29	2	3	49	49	47
325	PA	Male	42	45	38	3	4	46	38	46
326	PA	Female	35	36	43	8	7	46	44	55
327	PA	Male	29	24	27	7	4	34	28	40
328	PA	Male	24	24	26	4	3	36	38	41
329	PA	Female	35	46	48	4	4	52	43	45
330	PA	Female	42	48	41	8	6	53	54	55
331	PA	Female	39	41	41	5	5	45	45	45
332	PA	Female	43	45	45	4	3	44	44	47
333	PA	Female	60	58	68	3	7	67	70	66
334	PA	Female	49	53	57	6	7	54	61	74
335	PA	Female	41	39	38	4	4	39	60	53
336	PA	Female	56	54	54	5	4	53	62	55
337	PA	Female	31	30	38	2	1	31	30	31
338	PA	Female	36	36	39	6	6	46	43	41
339	PA	Female	36	36	39	5	4	40	50	50
340	PA	Female	32	36	36	5	6	42	38	51
341	PA	Female	60	58	60	5	5	56	58	60
342	PA	Female	44	43	46	8	9	52	49	48
343	PA	Female	45	50	47	4	7	43	41	40

s.no	YOGA IPA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DSF _1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
344	PA	Female	50	54	52	6	6	56	65	62
345	PA	Female	25	31	35	1	1	39	37	58
346	PA	Male	49.85	50.53	55.05	6.29	6.9	56.9	57.91	61.62
347	PA	Female	49.85	50.53	55.05	6.29	6.9	56.9	57.91	61.62
348	PA	Male	49.85	50.53	55.05	6.29	6.9	56.9	57.91	61.62
349	PA	Male	49.85	50.53	55.05	6.29	6.9	56.9	57.91	61.62
350	PA	Male	48	47	46	5	8	37	36	48
351	PA	Female	49.85	50.53	55.05	6	8	56.9	57.91	61.62
352	PA	Female	48	48	50	7	7	68	55	72
196	PA	Male	29	29	36	4	4	25	31	30
198	PA	Male	52	57	93	2	4	60	72	60
200	PA	Male	49	55	89	3	2	37	48	48
202	PA	Male	44	41	43	4	4	44	54	53
203	PA	Male	48	45	55	3	3	49	45	36
204	PA	Male	43	49	48	4	4	51	50	49
205	PA	Female	69	59	48	3	2	37	49	28
206	PA	Male	48	57	68	5	4	54	48	56
207	PA	Male	58	50	86	1	4	67	47	52
208	PA	Male	37	57	63	6	5	66	60	64
209	PA	Female	61	60	62	2	3	69	64	56
210	PA	Male	72	78	80	2	5	66	67	62
211	PA	Male	85	85	82	2	1	40	60	45
212	PA	Male	61	37	42	2	5	65	59	66
213	PA	Male	51	20	34	3	3	56.9	57.91	61.62
214	PA	Male	55	54	52	5	5	67	74	59
215	PA	Male	45	44	48	4	5	56.9	57.91	61.62
216	PA	Female	45	22	43	4	3	36	35	25
217	PA	Male	45	47	43	3	1	40	46	44
218	PA	Female	44	50	77	6	6	56.9	57.91	61.62
219	PA	Female	44	44	64	3	3	48	54	48
220	PA	Female	36	38	43	10	4	47	47	47
221	PA	Female	36	34	34	0	1	36	26	27
222	PA	Female	48	47	85	6	3	60	72	55
223	PA	Female	40	30	40	8	3	48	49	49
224	PA	Female	60	52	67	4	3	60	60	49
225	PA	Female	96	96	96	6	4	72	84	51
226	PA	Male	70	52	82	4	3	48	68	48
227	PA	Female	96	25	96	5	2	63	63	64

s.no	YOGA 1PA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DSF _1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
228	PA	Male	48	43	24	3	1	57	52	57
229	PA	Female	46	48	55	2	3	48	50	52
230	PA	Female	39	45	43	2	3	48	57	60
231	PA	Female	95	96	95	8	2	95	93	92
232	PA	Female	56	53	70	3	3	60	60	54
233	PA	Female	76	76	72	3	3	64	68	66
731	PA	Male	49.85	50.53	55.05	6.29	6.9	56.9	57.91	61.62
733	PA	Female	48	44	49	8	10	62	73	63
735	PA	Female	51	53	58	9	10	61	66	80
737	PA	Female	40	49	39	8	10	60	54	76
739	PA	Female	55	63	61	8	9	46	38	58
741	PA	Female	57	63	61	8	8	50	53	63
743	PA	Female	40	57	46	4	6	67	65	66
745	PA	Female	48	52	47	2	6	60	55	70
747	PA	Male	43	52	48	10	9	46	38	56
749	PA	Female	50	48	58	4	7	56	65	71
751	PA	Male	38	45	40	5	7	63	65	65
753	PA	Female	36	37	36	4	7	56.9	57.91	61.62
755	PA	Female	50	48	61	7	7	50	60	58
757	PA	Male	48	48	49	9	8	62	65	72
759	PA	Male	44	48	49	9	9	65	72	66
761	PA	Male	73	73	78	8	9	66	64	77
763	PA	Female	38	46	52	7	9	54	49	64
765	PA	Female	78	84	91	8	9	77	75	76
767	PA	Male	51	68	55	9	10	60	55	70
769	PA	Male	58	52	57	10	10	46	38	56
771	PA	Male	37	41	36	8	10	56	65	61
773	PA	Female	41	53	55	8	9	63	65	75
775	PA	Male	51	55	58	9	9	53	54	52
777	PA	Male	52	62	57	6	9	64	66	70
779	PA	Female	54	59	68	7	8	60	68	77
781	PA	Male	65	65	62	7	10	60	64	70
783	PA	Male	56	61	61	8	8	75	52	80
785	PA	Male	52	57	51	7	8	83	74	62
787	PA	Male	44	48	49	6	8	45	52	56
789	PA	Female	73	73	78	9	7	69	73	74

s.no	YOGA 1PA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DS F_1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
791	PA	Male	38	46	52	9	6	48	49	48
793	PA	Male	78	84	91	10	10	80	87	83
795	PA	Female	51	68	55	10	10	65	72	66
797	PA	Male	58	52	57	6	7	56	64	77
798	PA	Male	37	41	36	7	7	54	49	64
799	PA	Male	41	53	55	10	10	67	65	66
800	PA	Female	51	55	58	10	10	60	55	70
801	PA	Male	49.85	50.53	55.05	8	9	56.9	57.91	61.62
802	PA	Female	37	41	36	9	9	58	52	66
234	PA	Male	59	52	67	4	3	58	53	48
235	PA	Male	61	64	66	7	6	65	61	63
236	PA	Male	49.85	50.53	55.05	4	5	56.9	57.91	61.62
237	PA	Male	48	60	60	9	10	51	54	55
238	PA	Male	39	39	39	5	6	48	54	54
239	PA	Male	32	35	36	4	4	40	42	46
240	PA	Male	52	55	55	4	5	51	51	54
241	PA	Male	49.85	50.53	55.05	6	6	56.9	57.91	61.62
242	PA	Male	53	51	56	4	7	58	60	61
244	PA	Male	52	53	66	6	5	65	69	72
246	PA	Male	38	36	34	4	3	46	42	49
248	PA	Male	49.85	50.53	55.05	6.2 9	6.9	56.9	57.91	61.62
250	PA	Male	54	58	57	8	4	60	67	70
252	PA	Male	53	55	53	5	6	45	49	61.62
254	PA	Male	38	44	46	7	7	36	60	60

s.n o	YOGA 1PA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DSF _1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
256	PA	Male	49.85	50.53	55.05	3	5	56.9	57.91	61.62
258	PA	Male	36	41	47	6	5	50	52	54
260	PA	Male	48	41	38	3	3	49	44	42
262	PA	Male	37	42	41	5	6	48	45	44
264	PA	Male	36	35	41	3	3	37	38	44
266	PA	Male	42	48	41	5	7	41	43	44
268	PA	Male	39	41	41	6.29	6.9	42	50	45
270	PA	Male	41	42	47	6.29	6.9	41	44	47
272	PA	Male	25	21	24	3	3	28	33	34

274	PA	Female	53	52	60	3	7	58	48	60
276	PA	Female	47	53	55	6	6	56	56	60
278	PA	Female	39	47	46	6	5	37	35	57
280	PA	Female	48	42	36	4	3	50	54	49
282	PA	Female	56	54	60	5	5	60	57	60
284	PA	Female	44	41	49	6	4	48	56	40
286	PA	Female	60	57	58	4	6	69	72	77
288	PA	Female	67	66	65	3	3	72	71	69
290	PA	Male	35	39	39	6	6	45	45	48
292	PA	Female	50	48	53	4	4	56.9	57.91	61.62
294	PA	Male	43	48	51	6	3	49	48	49
296	PA	Female	41	43	45	5	4	45	48	51
298	PA	Female	50	60	60	9	9	56.9	57.91	61.62
300	PA	Female	49	55	51	7	6	49	40	46
302	PA	Female	38	36	36	4	5	49	47	49
304	PA	Female	43	42	47	8	8	40	39	44
1	PA	Male	33	33	36	3	2	40	50	51
2	PA	Male	32	34	45	3	6	50	60	60
3	PA	Male	40	43	24	3	5	30	38	36
4	PA	Male	42	43	44	3	5	44	44	49
5	PA	Male	41	36	40	3	4	37	38	38
6	PA	Male	50	48	48	3	4	52	41	54
7	PA	Male	48	49	57	3	6	67	65	70
8	PA	Male	48	57	48	3	4	68	55	62
9	PA	Male	40	46	43	3	6	43	45	48
10	PA	Male	56	59	58	4	6	60	57	64
11	PA	Male	38	36	37	3	6	35	38	39
12	PA	Male	51	48	44	4	7	51	45	57
13	PA	Male	40	42	42	4	6	58	46	50
14	PA	Male	49.85	50.53	55.05	6.29	6.9	56.9	57.91	61.62
15	PA	Male	43	48	41	3	6	53	49	51
16	PA	Male	49.85	50.53	55.05	6	6	56.9	57.91	61.62
17	PA	Male	45	46	49	3	3	58	55	59
18	PA	Male	53	48	55	4	6	57	55	66
19	PA	Male	36	42	38	3	6	65	46	62
20	PA	Male	62	55	56	3	6	66	63	70
21	PA	Male	32	37	44	3	4	50	47	45
22	PA	Male	33	36	31	3	5	36	39	38
23	PA	Male	34	39	42	2	5	60	56	50

s.n o	YOGA 1PA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DS F_1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
24	PA	Male	55	50	53	2	3	55	52	56
25	PA	Male	40	38	44	2	4	46	48	48
26	PA	Male	57	60	57	4	5	65	65	62
27	PA	Female	34	38	41	2	3	41	35	44
28	PA	Female	50	47	48	3	9	54	64	73
29	PA	Female	52	50	51	3	5	57	56	56
30	PA	Female	58	54	54	3	9	71	66	67
31	PA	Female	52	50	55	3	4	57	60	59
32	PA	Female	46	51	51	3	6	60	56	59
33	PA	Female	49	48	49	2	6	52	58	60
34	PA	Female	50	52	48	3	7	58	54	65
35	PA	Female	61	62	60	3	6	84	72	77
36	PA	Female	55	52	54	2	8	66	60	82
37	PA	Female	52	53	60	2	7	68	63	62
38	PA	Female	52	52	55	2	7	75	67	77
39	PA	Female	51	52	50	3	5	56.9	57.91	61.62
40	PA	Male	30	38	37	3	7	56.9	57.91	61.62
41	PA	Female	84	51	53	3	9	71	58	58
82	PA	Female	60	63	63	6.2 9	6.9	56.9	57.91	61.62
84	PA	Male	54	58	57	7	7	59	66	61
85	PA	Female	37	57	63	5	6	66	60	64
86	PA	Male	61	60	62	5	6	69	64	56
87	PA	Male	51	48	50	3	5	56.9	57.91	61.62
88	PA	Female	49.85	50.53	55.05	6	6	56.9	57.91	61.62
89	PA	Male	49.85	50.53	55.05	7	7	56.9	57.91	61.62
90	PA	Female	50	55	56	4	8	54	55	57
91	PA	Female	47	57	48	4	6	49	51	57
92	PA	Male	49.85	50.53	55.05	4	6	56.9	57.91	61.62
93	PA	Female	49.85	50.53	55.05	6	6	56.9	57.91	61.62
94	PA	Male	37	41	37	7	6	41	43	42
95	PA	Male	49.85	50.53	55.05	2	6	56.9	57.91	61.62
96	PA	Female	49.85	50.53	55.05	4	7	56.9	57.91	61.62
97	PA	Female	45	45	48	8	9	48	50	51
98	PA	Male	38	44	48	8	9	49	49	55
99	PA	Male	49.85	50.53	55.05	4	4	56.9	57.91	61.62
100	PA	Female	32	44	46	4	6	38	42	44
101	PA	Female	33	46	45	3	5	39	44	46
102	PA	Male	85	85	82	4	6	67	69	74
103	PA	Male	51	37	42	4	6	38	45	53
104	PA	Female	48	44	46	6	7	44	50	50

s.no	YOGA 1PA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DSF_ 1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
105	PA	Female	48	45	47	7	7	41	42	49
106	PA	Male	44	54	44	6	6	47	46	47
107	PA	Female	66	67	67	7	7	61	68	66
108	PA	Male	49.85	50.53	55.05	5	6	56.9	57.91	61.62
109	PA	Female	48	48	38	5	7	49	49	52
110	PA	Male	49.85	50.53	55.05	4	5	56.9	57.91	61.62
111	PA	Female	35	36	38	5	8	38	39	44
112	PA	Male	49.85	50.53	55.05	6.29	6.9	56.9	57.91	61.62
113	PA	Male	45	46	48	4	7	43	41	47
114	PA	Male	56	56	58	4	7	51	51	50
115	PA	Male	55	53	55	4	7	67	65	48
116	PA	Male	49.85	50.53	55.05	3	3	56.9	57.91	61.62
117	PA	Male	45	60	72	6.29	6.9	48	52	52
118	PA	Male	46	48	42	6	7	47	49	50
559	Yoga	Male	38	56	37	3	6	33	42	53
560	Yoga	Female	61	64	60	10	9	72	62	87
561	Yoga	Female	58	65	66	9	9	76	79	81
562	Yoga	Male	39	44	42	3	5	36	39	46
563	Yoga	Female	60	67	59	10	4	60	71	81
564	Yoga	Female	51	68	55	10	9	57	55	78
565	Yoga	Female	58	52	57	10	9	68	68	66
566	Yoga	Female	37	41	36	6.29	1	49	45	47
567	Yoga	Male	41	53	55	8	8	54	55	64
568	Yoga	Female	51	55	58	10	10	60	75	79
569	Yoga	Male	52	62	57	10	8	61	60	70
570	Yoga	Female	54	59	68	9	8	59	68	78
571	Yoga	Female	65	65	62	10	9	72	75	84
572	Yoga	Male	56	61	61	10	10	63	71	83
573	Yoga	Male	52	57	51	3	9	64	66	78
574	Yoga	Female	47	51	50	9	9	60	59	72
575	Yoga	Male	35	40	40	5	4	48	39	48
576	Yoga	Female	42	52	50	9	7	50	57	63
577	Yoga	Male	40	52	42	10	10	65	72	66
578	Yoga	Male	55	54	57	10	8	56	64	77
579	Yoga	Male	49	54	51	7	3	54	49	64
580	Yoga	Female	61	57	49	9	8	67	75	76
581	Yoga	Male	56	48	39	9	5	60	55	70
582	Yoga	Male	35	37	46	6	4	46	38	56

s.no	YOGA 1PA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DS F_1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
583	Yoga	Male	52	49	48	8	7	58	52	66
584	Yoga	Female	42	36	40	8	8	50	50	67
585	Yoga	Female	46	49	50	7	8	46	51	56
586	Yoga	Female	60	55	58	10	10	62	66	81
587	Yoga	Male	60	77	75	10	8	57	62	71
588	Yoga	Male	60	68	59	8	9	60	69	75
589	Yoga	Female	60	64	57	5	8	67	63	87
590	Yoga	Female	50	56	53	8	8	70	69	77
591	Yoga	Female	54	55	58	10	9	60	52	67
592	Yoga	Male	55	53	55	6	7	50	60	72
593	Yoga	Male	57	65	64	10	10	68	70	64
594	Yoga	Female	36	42	36	7	8	52	50	62
595	Yoga	Female	58	61	57	9	8	71	64	81
596	Yoga	Female	71	58	60	10	10	64	58	71
597	Yoga	Male	51	57	55	10	8	61	60	70
598	Yoga	Female	55	58	61	4	7	70	82	84
353	Yoga	Female	36	36	36	9	9	39	51	60
354	Yoga	Male	51	53	54	10	10	56	61	66

s.no	YOGA 1PA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DS F_1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
355	Yoga	Female	49.85	42	40	8	10	39	43	61.62
356	Yoga	Male	42	47	42	8	8	46	52	61
357	Yoga	Male	51	58	58	5	8	48	54	68
358	Yoga	Female	40	48	48	9	8	63	60	60
359	Yoga	Female	44	53	47	7	9	63	60	65
360	Yoga	Female	49	59	60	9	9	60	50	72
361	Yoga	Male	31	24	40	7	9	36	38	51
362	Yoga	Female	44	53	47	10	9	50	60	58
363	Yoga	Female	49	55	60	8	9	79	70	75
364	Yoga	Male	20	41	69	9	9	54	61	65
365	Yoga	Male	36	49	49	6	9	80	46	54
366	Yoga	Male	27	32	38	7	8	28	40	52
367	Yoga	Female	48	65	61	7	8	66	70	83
368	Yoga	Female	38	46	45	5	7	44	48	50
369	Yoga	Female	48	52	55	9	9	75	66	78
370	Yoga	Male	46	55	77	9	10	48	54	60

371	Yoga	Female	38	41	41	10	10	41	45	55
372	Yoga	Male	49.85	50.53	55.05	5	5	56.9	57.91	61.62
373	Yoga	9999	49.85	50.53	55.05	6	6	56.9	57.91	61.62
374	Yoga	Male	33	42	40	6	7	39	42	52
375	Yoga	Female	41	48	48	8	8	55	50	51
376	Yoga	Female	48	50	54	7	10	76	55	60
377	Yoga	Female	51	68	67	9	8	57	66	69
378	Yoga	Male	54	66	72	10	9	50	50	65
379	Yoga	Male	36	56	60	10	8	48	59	67
380	Yoga	Male	37	44	46	8	8	40	55	60
381	Yoga	Female	30	43	40	8	9	40	41	42
382	Yoga	Male	30	30	60	9	9	51	73	65
383	Yoga	Female	49.85	50.53	55.05	10	10	56.9	57.91	61.62
384	Yoga	Female	27	36	18	7	7	48	59	58
385	Yoga	Male	48	47	50	6	8	46	48	48
386	Yoga	Female	44	52	52	7	10	54	54	61
387	Yoga	Female	47	51	52	5	9	48	55	65
388	Yoga	Female	52	54	58	6	9	55	60	61
389	Yoga	Male	47	60	77	7	7	56	55	67
390	Yoga	Male	30	40	43	8	9	47	57	62
391	Yoga	Female	52	60	38	9	7	47	60	68
392	Yoga	Male	41	54	90	10	10	80	84	69
393	Yoga	Female	43	49	36	9	8	40	47	41
394	Yoga	Male	37	49	55	9	8	69	72	48
396	Yoga	Male	42	48	58	8	9	40	40	63
437	Yoga	Male	37	32	55	6.2 9	6.9	56.9	57.91	61.62
438	Yoga	Female	37	36	60	9	10	46	52	61
439	Yoga	Male	53	49	84	9	10	48	54	68
440	Yoga	Female	42	46	60	6	10	63	60	60
441	Yoga	Male	66	63	94	7	9	63	60	65
442	Yoga	Female	41	33	73	8	9	60	50	72
443	Yoga	Male	68	64	90	10	10	36	38	51

446	Yoga	Male	43	33	53	10	10	54	61	65
447	Yoga	Female	50	40	72	10	10	77	75	79
448	Yoga	Male	39	35	67	3	9	63	60	70
449	Yoga	Female	52	39	84	9	9	59	67	78

450	Yoga	Female	44	41	61	5	7	72	75	92
451	Yoga	Female	45	52	70	9	8	62	73	83
452	Yoga	Female	49	45	73	10	10	61	66	80
453	Yoga	Female	50	40	72	10	8	60	54	76
454	Yoga	Male	53	44	79	7	9	46	38	58
455	Yoga	Female	50	50	70	9	10	50	53	63
456	Yoga	Female	44	36	56	9	10	75	72	66
457	Yoga	Female	60	50	75	6	9	56	64	77
458	Yoga	Female	45	34	60	8	9	54	49	64
459	Yoga	Female	58	48	84	8	8	77	75	76
460	Yoga	Female	52	39	69	7	8	60	55	70
461	Yoga	Male	25	27	40	10	10	46	38	56
462	Yoga	Female	54	41	72	10	9	50	60	58
463	Yoga	Male	44	40	65	8	9	79	70	75
464	Yoga	Male	46	39	71	5	8	54	61	65
465	Yoga	Male	64	52	95	8	8	77	75	79
466	Yoga	Male	26	40	50	6	9	63	60	70
467	Yoga	Female	60	55	67	6	9	59	67	78
468	Yoga	Female	45	36	56	10	10	72	75	92
469	Yoga	Male	68	48	89	7	8	83	74	72
470	Yoga	Male	44	48	87	9	8	45	52	56
471	Yoga	Male	42	34	61	6	10	69	63	74
473	Yoga	Female	43	33	53	10	9	64	64	78
475	Yoga	Male	60	39	84	7	9	88	84	73
477	Yoga	Female	60	48	84	8	8	86	96	96
479	Yoga	Female	43	37	67	8	9	84	86	93
481	Yoga	Male	57	41	79	5	7	48	74	80
608	Yoga	Male	28	48	34	5	5	34	48	39
610	Yoga	Female	50	41	55	8	10	63	72	73
612	Yoga	Female	44	33	41	9	10	44	43	59
614	Yoga	Female	40	49	39	9	9	93	73	51
616	Yoga	Female	55	63	61	9	9	86	88	94
618	Yoga	Female	57	63	61	8	8	63	73	62
620	Yoga	Male	40	57	46	10	10	43	58	65
622	Yoga	Male	48	52	47	9	10	53	70	69
624	Yoga	Male	43	52	48	9	10	47	53	49
626	Yoga	Male	50	48	58	8	10	59	59	63
628	Yoga	Male	38	45	40	8	9	56.9	57.91	61.62

644	Yoga	Female	49	52	44	10	9	69	68	68
646	Yoga	Female	56	52	55	10	9	56	65	71
648	Yoga	Male	58	74	73	10	10	83	85	95
650	Yoga	Male	34	46	38	10	8	53	54	52

652	Yoga	Male	50	53	48	8	5	54	53	50
654	Yoga	Male	52	41	61	8	9	50	48	57
656	Yoga	Male	38	72	33	10	10	50	54	60
658	Yoga	Female	44	45	48	10	10	75	52	80
660	Yoga	Female	53	62	58	10	10	83	74	72
662	Yoga	Male	40	30	35	10	10	45	52	56
664	Yoga	Male	60	59	60	10	10	69	63	74
666	Yoga	Female	60	55	85	8	10	64	64	78
668	Yoga	Female	72	70	89	10	10	88	84	73
670	Yoga	Female	53	51	48	8	9	86	96	96
671	Yoga	Female	46	47	44	10	10	84	86	93
672	Yoga	Female	49	48	49	9	10	48	74	80
673	Yoga	Male	28	27	35	8	10	58	55	53
674	Yoga	Female	49	51	61	10	10	97	96	96
675	Yoga	Female	49	59	51	10	10	93	66	72
676	Yoga	Female	42	48	48	10	9	67	75	80
677	Yoga	Female	71	77	80	10	8	62	72	71
678	Yoga	Female	52	52	60	10	10	90	84	86
710	Yoga	Female	69	59	59	4	8	56.9	57.91	61.62
712	Yoga	Female	43	48	40	6	6	56.9	57.91	61.62
714	Yoga	Male	60	50	50	5	2	81	83	96
716	Yoga	Female	62	51	50	7	4	65	36	84
718	Yoga	Female	45	50	48	5	6	47	55	60
720	Yoga	Female	38	45	44	6	6	33	41	60
722	Yoga	Female	48	48	45	1	5	56	56	53

s.no	YOGA 1PA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DS F_1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
724	Yoga	Female	41	46	43	6	5	48	46	49
726	Yoga	Female	56	54	58	6	10	56	60	64
728	Yoga	Female	46	46	48	5	6	56.9	57.91	61.62
730	Yoga	Female	50	55	49	6	10	56.9	57.91	61.62
732	Yoga	Female	37	37	34	4	3	60	65	96
734	Yoga	Female	68	57	69	8	8	96	94	96
736	Yoga	Female	61	50	48	3	4	48	48	60
738	Yoga	Female	50	50	57	6	7	56.9	57.91	61.62
740	Yoga	Female	25	24	26	4	4	38	39	35
742	Yoga	Female	72	71	72	6	7	66	68	72
744	Yoga	Female	36	34	36	6	6	46	42	56
746	Yoga	Female	48	48	48	4	3	56.9	57.91	61.62
748	Yoga	Female	48	49	53	9	9	58	55	58
750	Yoga	Female	21	32	33	1	0	33	35	33
752	Yoga	Female	36	44	44	2	3	51	57	99
754	Yoga	Male	52	49	51	4	4	55	52	56

756	Yoga	Male	49	55	53	6	5	61	57	61
758	Yoga	Female	58	57	60	4	9	56.9	57.91	61.62
760	Yoga	Female	37	42	38	3	8	56.9	57.91	61.62
762	Yoga	Male	37	49	36	0	3	35	34	60
764	Yoga	Female	61	66	72	6	10	67	69	70
766	Yoga	Male	40	43	40	7	8	46	48	52
768	Yoga	Male	48	48	50	5	5	62	63	56
770	Yoga	Male	34	37	40	5	4	36	50	49
772	Yoga	Male	51	48	45	10	9	53	45	44
774	Yoga	Male	48	49	43	6	4	48	40	43
776	Yoga	Male	45	44	43	8	8	50	41	46
778	Yoga	Male	45	49	51	5	9	56.9	57.91	61.62
780	Yoga	Female	56	54	51	9	7	62	57	64
782	Yoga	Female	41	41	38	3	3	39	38	40
784	Yoga	Female	47	40	48	6	5	43	36	96
786	Yoga	Female	50	48	49	9	5	56.9	57.91	61.62
788	Yoga	Male	53	51	49	9	8	68	60	72
790	Yoga	Male	53	51	51	8	9	56	66	94
792	Yoga	Male	59	52	70	6	5	72	60	90
794	Yoga	Male	76	65	72	6	6	86	96	96
s.no	YOGA 1PA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DS F_1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
796	Yoga	Male	54	55	53	6	4	67	70	82
515	Yoga	Male	38	36	45	2	2	38	37	50
516	Yoga	Male	35	22	32	2	3	52	58	60
517	Yoga	Male	36	43	67	2	3	60	63	20
518	Yoga	Female	44	45	44	6	3	55	60	55
519	Yoga	Male	41	36	66	4	4	57	51	46
520	Yoga	Male	36	23	62	3	2	43	46	48
521	Yoga	Male	96	81	81	3	2	53	67	76
522	Yoga	Male	76	55	96	4	2	57	60	67
523	Yoga	Female	71	70	72	3	3	56	56	58
524	Yoga	Male	44	45	73	2	1	52	46	52
525	Yoga	Female	46	46	45	10	3	57	49	56
526	Yoga	Female	43	43	45	3	3	52	61	60
527	Yoga	Male	31	26	33	3	2	46	42	52
528	Yoga	Male	78	76	76	6	3	62	67	87
529	Yoga	Female	91	31	24	1	3	40	73	39
530	Yoga	Male	74	41	95	2	4	61	64	71
531	Yoga	Male	21	25	56	1	6	34	30	31
532	Yoga	Female	46	40	50	4	3	59	63	56
533	Yoga	Male	45	45	56	6	3	66	60	80
534	Yoga	Female	47	49	62	10	3	57	51	57
535	Yoga	Female	67	58	96	3	2	57	60	59
536	Yoga	Male	56	53	56	6	3	72	72	84

537	Yoga	Male	81	86	96	2	1	88	84	98
538	Yoga	Female	56	30	35	4	3	56	50	53
539	Yoga	Female	38	23	35	3	3	41	34	24
540	Yoga	Male	95	93	96	7	2	60	84	84
541	Yoga	Female	29	19	30	3	2	27	37	39
542	Yoga	Female	54	53	54	3	4	60	60	60
543	Yoga	Female	38	31	41	8	3	49	46	50
544	Yoga	Female	36	36	96	10	1	60	56	51
545	Yoga	Male	81	46	79	2	3	72	67	73
546	Yoga	Male	46	43	41	3	2	55	61	61
547	Yoga	Male	40	42	49	3	4	60	60	60
548	Yoga	Female	47	44	42	2	3	43	53	54
549	Yoga	Male	55	54	78	5	4	60	53	60

s.no	YOGA 1PA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DS F_1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
550	Yoga	Female	44	36	56	10	3	56	46	53
551	Yoga	Female	79	57	78	2	2	66	60	72
552	Yoga	Female	23	27	31	2	1	48	45	52
553	Yoga	Male	41	36	44	3	2	52	55	60
554	Yoga	Female	60	70	69	2	3	72	72	72
555	Yoga	Male	44	43	54	6.2 9	6.9	56.9	57.91	61.62
556	Yoga	Male	50	90	94	1	3	62	72	63
557	Yoga	Male	57	54	79	6	2	58	48	49
558	Yoga	Male	96	45	96	6	3	68	61	74
679	Yoga	Male	88	89	89	6.2 9	6.9	78	85	87
680	Yoga	Male	85	90	95	6.2 9	6.9	79	84	85
681	Yoga	Male	49.85	50.53	55.05	6.2 9	6.9	56.9	57.91	61.62
682	Yoga	Female	49.85	50.53	55.05	6.2 9	6.9	56.9	57.91	61.62
683	Yoga	Male	49.85	50.53	55.05	6.2 9	6.9	56.9	57.91	61.62
684	Yoga	Male	49.85	50.53	55.05	6.2 9	6.9	56.9	57.91	61.62
685	Yoga	Male	69	67	72	6	7	60	82	84
686	Yoga	Male	65	50	62	8	8	96	66	65
687	Yoga	Male	49.85	50.53	55.05	5	7	56.9	57.91	61.62
688	Yoga	Male	49.85	50.53	55.05	6.2 9	6.9	56.9	57.91	61.62
689	Yoga	Male	50	35	34	10	9	68	63	66
690	Yoga	Male	49.85	50.53	55.05	9	9	56.9	57.91	61.62

691	Yoga	Female	80	42	68	6	8	56	65	71
692	Yoga	Male	45	34	38	7	8	53	54	69
693	Yoga	Male	49.85	50.53	55.05	7	8	56.9	57.91	61.62
694	Yoga	Female	81	65	72	4	7	78	79	81
695	Yoga	Female	92	89	72	6	7	79	78	78
696	Yoga	Female	87	87	88	6	7	82	85	84
697	Yoga	Female	79	89	36	9	7	63	71	83
698	Yoga	Female	78	88	58	6	8	64	66	78
699	Yoga	Female	71	84	88	9	8	80	79	82
700	Yoga	Female	84	67	86	6	9	88	89	86
701	Yoga	Female	77	68	96	6	8	70	77	83
702	Yoga	Female	65	45	81	8	8	65	72	66
703	Yoga	Female	67	73	74	9	8	68	78	81
704	Yoga	Male	69	69	78	10	9	74	75	77
705	Yoga	Female	54	85	65	10	10	67	75	76
706	Yoga	Female	35	36	35	8	9	60	55	62
707	Yoga	Female	49.85	50.53	55.05	6.2 9	6.9	56.9	57.91	61.62
708	Yoga	Female	72	84	90	10	9	78	72	86
709	Yoga	Female	73	84	90	9	10	80	80	87

s.no	YOGA IPA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DS F_1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
711	Yoga	Female	81	84	91	8	9	78	81	86
713	Yoga	Female	80	83	90	7	9	82	94	87
715	Yoga	Female	41	30	47	7	9	64	69	64
717	Yoga	Male	36	40	40	6	10	56	38	56
719	Yoga	Female	38	40	49	5	10	50	60	58
721	Yoga	Female	26	24	35	8	9	66	61	55
723	Yoga	Female	48	35	44	7	9	54	61	65
725	Yoga	Female	48	32	52	9	9	67	65	69
727	Yoga	Female	69	74	70	9	10	63	60	70
729	Yoga	Female	79	84	72	9	10	69	77	78
599	Yoga	Male	45	48	53	7	9	48	57	55
600	Yoga	Male	50	52	55	6	8	53	59	61
601	Yoga	Male	49	44	51	7	8	62	62	65
602	Yoga	Male	59	59	56	6	8	66	64	66
603	Yoga	Male	34	30	38	6	8	40	43	39

604	Yoga	Male	54	55	60	5	6	56.9	57.91	61.62
605	Yoga	Male	39	33	41	6	4	47	48	52
606	Yoga	Male	48	48	51	8	3	60	55	57
607	Yoga	Male	36	29	30	5	7	36	37	37
609	Yoga	Male	20	24	22	2	2	32	29	32
611	Yoga	Male	39	44	43	3	8	49	56	60
613	Yoga	Male	46	44	48	2	8	66	56	54
615	Yoga	Female	49.85	50.53	55.05	6.29	6.9	56.9	57.91	61.62
617	Yoga	Male	47	44	40	6	5	52	53	51
619	Yoga	Male	46	39	47	6	6	55	48	58
621	Yoga	Male	53	49	55	5	9	56	57	51
623	Yoga	Male	54	53	54	5	6	66	66	64
625	Yoga	Male	40	41	47	4	5	48	54	56
627	Yoga	Male	30	33	34	3	9	50	60	63
629	Yoga	Male	40	36	36	6	7	52	48	50
631	Yoga	Male	49.85	50.53	55.05	6.29	6.9	56.9	57.91	61.62
633	Yoga	Female	50	50	63	6	7	60	60	63
635	Yoga	Female	43	47	49	4	5	61	61	60
637	Yoga	Female	63	60	58	7	7	67	66	66

s.no	YOGA IPA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DS F_1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
639	Yoga	Female	49.85	50.53	74	6	5	66	73	75
641	Yoga	Female	56	52	54	8	10	61	64	65
643	Yoga	Female	56	51	60	7	8	63	61	66
645	Yoga	Female	54	53	50	4	6	71	71	71
647	Yoga	Female	51	56	61	2	3	60	60	60
649	Yoga	Female	59	51	52	6	3	59	63	64
651	Yoga	Female	47	48	48	5	3	54	57	56
653	Yoga	Female	55	47	47	5	7	69	65	65
655	Yoga	Female	39	45	49	7	8	47	52	53
657	Yoga	Female	72	64	64	6	8	58	58	60
659	Yoga	Female	52	50	48	4	5	53	57	55
661	Yoga	Female	54	48	50	4	3	65	63	63

663	Yoga	Female	49.85	50.53	55.05	6.29	6.9	56.9	57.91	61.62
665	Yoga	Female	88	87	70	4	4	60	55	58
667	Yoga	Female	58	54	52	8	7	63	70	68
669	Yoga	Female	53	48	51	7	5	67	66	65
395	Yoga	Male	54	55	58	5	4	60	52	62
397	Yoga	Male	56	55	53	8	5	66	67	69
398	Yoga	Male	54	56	59	3	4	60	48	63
399	Yoga	Male	60	55	59	1	7	57	60	62
400	Yoga	Male	44	48	52	6	4	66	61	65
401	Yoga	Female	51	48	55	4	5	58	48	63
402	Yoga	Male	44	45	44	7	8	50	50	55
403	Yoga	Male	43	44	42	6	4	48	48	54
404	Yoga	Male	48	45	47	6	6	58	59	61
405	Yoga	Male	49	51	51	6	6.9	60	55	60
406	Yoga	Male	45	52	53	5	6	50	60	60
407	Yoga	Male	47	52	54	6	4	68	58	64
408	Yoga	Male	45	48	50	7	4	54	49	53
409	Yoga	Male	56	58	60	7	6	74	78	65
410	Yoga	Male	43	41	52	4	4	48	49	45
411	Yoga	Male	49	55	52	5	7	55	61	64
412	Yoga	Male	52	55	59	6	6	63	62	64
413	Yoga	Male	50	49	51	4	3	48	50	50
414	Yoga	Male	51	56	58	4	6	63	61	73
415	Yoga	Male	55	58	59	6	5	65	60	68

s.no	YOGA IPA0	sexMALE1F EMALE0	DLS T1_1	DLS T2_1	DLS T3_1	DS F_1	DSF 1_1	DLST 11_1	DLST 12_1	DLST 13_1
416	Yoga	Male	33	35	38	4	4	39	39	36
417	Yoga	Male	57	55	60	4	4	60	68	60
418	Yoga	Male	56	59	62	9	5	66	72	72
419	Yoga	Male	51	57	61	10	10	56	57	62
420	Yoga	Male	60	62	64	7	6	68	67	68
421	Yoga	Female	44	49	45	8	7	48	39	45
422	Yoga	Female	58	56	63	7	6	76	66	73
423	Yoga	Male	43	40	44	5	5	45	38	51
424	Yoga	Female	44	41	45	6	9	47	52	50
431	Yoga	Female	49.85	50.53	55.05	4	9	56.9	57.91	61.62
432	Yoga	Female	53	53	58	4	6	55	55	58
433	Yoga	Female	49.85	50.53	55.05	5	7	56.9	57.91	61.62

434	Yoga	Female	60	62	63	2	10	70	70	74
435	Yoga	Female	61	66	63	7	8	62	64	68
436	Yoga	Female	50	52	55	9	10	62	58	62
472	Yoga	Female	48	60	53	4	5	58	70	53
474	Yoga	Male	49	48	54	4	8	59	58	64
476	Yoga	Male	50	55	52	4	9	60	48	66
478	Yoga	Female	47	51	52	4	5	60	55	51
480	Yoga	Male	57	59	60	8	6	53	70	50
482	Yoga	Female	38	42	44	1	8	45	48	56
483	Yoga	Male	49.85	50.53	55.05	2	6	56.9	57.91	61.62
484	Yoga	Female	67	68	72	2	6	85	86	85
485	Yoga	Male	47	44	49	10	8	52	55	54
486	Yoga	Female	52	55	53	3	5	65	68	60
487	Yoga	Male	49.85	50.53	55.05	4	5	56.9	57.91	61.62
488	Yoga	Male	45	49	47	6.2 9	6.9	55	53	53
489	Yoga	Female	56	51	58	4	5	56	52	54
490	Yoga	Male	53	55	57	9	10	48	52	48
491	Yoga	Female	54	54	50	2	9	56.9	57.91	61.62

498	Yoga	Female	38	46	49	6	8	38	44	42
499	Yoga	Male	52	54	55	6	6	60	51	54
500	Yoga	Female	49.85	50.53	55.05	3	5	56.9	57.91	61.62
501	Yoga	Male	58	59	60	6	8	66	56	60
502	Yoga	Male	57	58	61	8	8	61	57	60
503	Yoga	Male	73	55	54	6	8	67	64	64
504	Yoga	Male	49.85	50.53	55.05	6.29	6.9	56.9	57.91	61.62
505	Yoga	Male	65	66	56	10	9	65	68	70
506	Yoga	Male	67	72	73	7	6	96	96	75
507	Yoga	Male	76	78	86	7	6	96	96	96
508	Yoga	Male	50	58	61	4	5	51	57	60
509	Yoga	Male	43	41	47	8	5	51	55	59
510	Yoga	Male	49	42	44	6.29	6.9	57	57	60
511	Yoga	Female	49.85	50.53	55.05	4	4	56.9	57.91	61.62
512	Yoga	Female	46	50	53	3	4	66	60	60
513	Yoga	Female	45	55	56	3	3	55	52	60
514	Yoga	Female	49.85	50.53	55.05	3	5	56.9	57.91	61.62

s.no	YOGA 1 PA0	sexMALE 1 FEMALE 0	DLS T 1_1	DLS T 2_1	DLS T 3_1	DSF_ 1	DSF1_ 1	DLS T 11_1	DLS T 12_1	DLS T 13_1
159	PA	Female		37	24	34	54	21	49	52
160	PA	Female	49	43	47	6.29	10	57	54	52
161	PA	Male	48	44	50	4	5	59	54	53
162	PA	Female	46	55	46	5	10	45	62	61
163	PA	Female	32	30	37	5	0	40	39	42
164	PA	Female	53	48	54	1	6	77	70	68
165	PA	Male	50	48	46	5	9	41	52	44
166	PA	Male	43	46	51	4	9	41	52	44
167	PA	Female	24	35	24	6	1	63	58	42
168	PA	Male	41	28	28	4	10	38	36	43
169	PA	Male	75	65	70	6	10	84	81	80
170	PA	Female	41	37	47	4	1	45	47	48
171	PA	Male	39	30	28	4	6	51	66	40
172	PA	Male	36	40	34	4	6	61	50	52
173	PA	Male	57	53	50	5	9	73	72	62
174	PA	Female	49	43	48	3	7	52	62	56
175	PA	Male	56	61	62	7	9	68	67	71
176	PA	Male	46	44	40	7	9	43	54	62
177	PA	Female	49.85	34	55.05	6.29	6.9	44	18	44
178	PA	Male	40	36	43	4	7	45	46	52
179	PA	Female	54	55	60	6	8	53	65	62
180	PA	Female	52	43	53	5	6	55	56	50
181	PA	Male	51	39	66	8	9	62	69	55
182	PA	Male	34	29	37	0	5	40	45	39
183	PA	Male	46	44	44	7	7	48	48	55
184	PA	Male	41	42	47	6.29	0	60	30	54
185	PA	Male	47	41	47	2	5	58	45	51
186	PA	Male	49.85	28	55.05	1	3	27	32	39
187	PA	Female	49	48	48	5	5	60	55	61
188	PA	Male	37	30	34	3	5	41	44	45
189	PA	Male	57	51	52	2	0	66	58	65
190	PA	Male	46	44	46	4	6	62	70	60
191	PA	Female	64	65	63	3	6	64	66	64
192	PA	Female	60	55	58	5	0	72	73	74
193	PA	Male	43	32	41	4	6	40	45	48
194	PA	Male	56	44	50	2	7	58	56	56
195	PA	Female	80	77	75	5	10	91	92	91
197	PA	Male	38	27	37	2	4	54	54	50
199	PA	Male	46	42	44	5	8	57	56	60

### 3. TRAIL MAKING TEST:

s.no	YOGA1 IPA0	sexMALE1F EMALE0	DSB_ 1	DSB 1_1	TMTN pre_1	TMTN pos_1	TMTA pre_1	TMTApo st_1
159	PA	Female	3	6		9	23	23
160	PA	Female	5.18	10	34	30	40	43
161	PA	Male	6	10	33	28	52.18	42
162	PA	Female	10	10	23	24	40	45
163	PA	Female	8	10	21	22	40	40
164	PA	Female	9	10	19	21	40	47
165	PA	Male	9	10	32	30	52.18	48.61
166	PA	Male	8	10	28	20	52.18	48.61
167	PA	Female	6	9	29	28	57	45
168	PA	Male	9	10	30	22	52.18	48.61
169	PA	Male	9	10	23	24	40	40
170	PA	Female	8	6	22	23	40	40
171	PA	Male	7	10	21	23	52.18	48.61
172	PA	Male	6	8	27	23	38	30
188	PA	Male	5	8	34	27	52.18	48.61
189	PA	Male	8	10	26	25	52.18	48.61
190	PA	Male	8	10	22	22	30	34
191	PA	Female	10	10	20	21	50	46
192	PA	Female	9	10	29	24	52.18	48.61
193	PA	Male	6	8	30	29	52.18	48.61
194	PA	Male	4	9	31	28	52	47
195	PA	Female	9	10	33	29	58	49
197	PA	Male	5	5	38	29	56	53
199	PA	Male	8	1	33	30	52.18	48.61

s.n o	YOGA1 PA0	sexMALE1FE MALE0	DSB _1	DSB1 _1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
20 1	PA	Male	6	10	34	32	55	55
42	PA	Male	5	6	40	37	69	45
43	PA	Female	7	6	43	33	54	54
44	PA	Male	6	6	30	38	30	50
45	PA	Male	8	7	30	29	53	45
46	PA	Female	7	7	30	37	77	50
47	PA	Female	6	7	35	33	60	57
48	PA	Female	7	6	30	38	55	45
49	PA	Female	5	6	40	39	37	58
50	PA	Female	4	7	35	39	50	50
51	PA	Female	6	6	40	45	55	85
52	PA	Female	8	6	30	47	55	64

53	PA	Male	9	7	40	45	53	58
54	PA	Male	9	7	30	50	57	60
55	PA	Female	8	6	30	47	55	54
56	PA	Male	7	6	30	40	50	34
57	PA	Female	9	6	30	41	42	50
58	PA	Female	8	7	40	40	44	58
59	PA	Male	7	6	40	34	58	60
60	PA	Male	6	8	30	38	40	45
61	PA	Female	7	7	40	48	44	58
62	PA	9999	7	7	34.67	36.6	52.18	48.61
63	PA	Female	6	8	30	35	50	70
64	PA	Female	5	8	40	37	37	85
65	PA	Female	5	6	35	26	37	50
66	PA	Male	6	7	30	40	60	90
67	PA	Male	7	7	30	48	52	40
68	PA	Male	4	7	30	45	54	45
69	PA	Male	7	6	35	40	55	60
70	PA	Male	8	7	40	50	56	60
71	PA	Male	3	5	30	36	50	56
72	PA	Female	9	7	30	26	33	40
73	PA	Male	8	7	30	26	60	50
74	PA	Female	6	6	30	50	55	54
75	PA	Female	10	7	30	57	55	54
76	PA	Female	8	8	30	26	52	40
77	PA	Male	9	8	40	51	42	80
78	PA	Female	5	7	40	51	55	80

s.no	YOGA1 PA0	sexMALE1FE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
79	PA	Male	6	6	30	48	45	45
80	PA	Female	4	7	40	40	44	40
81	PA	Male	7	6	30	38	55	90
83	PA	Male	8	7	30	24	50	35
119	PA	Male	5.18	5.98	34.67	36.6	52.18	48.61
120	PA	Male	5.18	5.98	34.67	36.6	52.18	48.61
121	PA	Male	5.18	5.98	34.67	36.6	52.18	48.61
123	PA	Male	9	7	48	46	46	51
124	PA	Male	7	8	19	24	53	55
125	PA	Female	5	8	22	23	37	47
126	PA	Male	8	6	30	32	48	48
127	PA	Female	7	7	43	45	48	48
128	PA	Male	6	8	17	28	24	36
129	PA	Male	9	9	16	29	23	35
130	PA	Female	7	7	21	32	38	37

131	PA	Female	5	8	30	34	32	39
132	PA	Female	4	6	28	33	50	41
133	PA	Female	6	6	21	25	31	40
134	PA	Female	6	6	21	24	30	33
135	PA	Female	7	8	46	48	38	34
136	PA	Female	8	9	19	21	48	45
137	PA	Male	9	7	34.67	36.6	52.18	48.61
138	PA	Male	5	8	34.67	36.6	52.18	48.61
139	PA	Female	7	9	18	22	43	42
140	PA	Female	8	6	25	28	32	40
141	PA	Male	10	9	34.67	36.6	52.18	48.61
142	PA	Male	9	9	34.67	36.6	52.18	48.61
143	PA	Male	9	9	23	29	38	34
144	PA	Male	6	9	15	31	30	33
145	PA	Female	7	9	20	27	39	37
146	PA	Female	4	7	25	24	46	36
147	PA	Female	5	8	19	26	51	42
148	PA	Male	7	7	18	20	40	43
149	PA	Female	7	8	29	24	45	46
150	PA	Female	6	7	25	24	37	40
151	PA	Female	7	7	22	27	31	42
152	PA	Female	9	7	28	26	35	40

s.no	YOGA1 PA0	sexMALEIFE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
153	PA	Female	6	8	25	23	50	40
154	PA	Female	5	8	34	28	32	39
155	PA	Male	6	8	19	25	41	40
156	PA	Male	7	6	20	21	29	32
157	PA	Female	7	7	19	22	21	33
158	PA	Male	8	8	34.67	36.6	52.18	48.61
243	PA	Male	8	10	50	20	56	25
245	PA	Male	9	8	33	48	45	40
247	PA	Female	8	8	15	20	25	20
249	PA	Female	8	10	20	22	42	20
251	PA	Female	8	8	22	38	42	32
253	PA	Male	8	10	25	22	43	22
255	PA	Female	9	8	20	33	49	24
257	PA	Female	6	8	24	35	37	30
259	PA	Female	9	9	24	37	35	40
261	PA	Female	6	9	27	25	30	22
263	PA	Male	10	8	25	25	29	30
265	PA	Male	7	8	24	30	56	36
267	PA	Male	6	7	33	35	71	31
269	PA	Female	6	7	25	30	50	33
271	PA	Male	10	8	24	35	33	50

273	PA	Male	9	8	20	25	36	25
275	PA	Male	8	7	37	47	54	41
277	PA	Female	10	9	28	31	29	27
279	PA	Male	5	7	37	28	44	27
281	PA	Female	10	7	25	37	35	20
283	PA	Male	9	8	60	47	62	52
285	PA	Male	4	7	42	29	98	28
287	PA	Female	7	4	11	32	49	32
289	PA	Female	4	8	57	31	51	31
291	PA	Female	2	5	40	47	60	44
293	PA	Female	8	8	37	29	49	26
295	PA	Female	1	4	25	29	45	30
297	PA	Male	9	7	21	27	29	29
299	PA	Female	10	7	19	19	32	21
301	PA	Female	9	7	21	24	35	21
303	PA	Female	8	10	24	21	41	29
305	PA	Female	7	10	23	24	58	21

s.no	YOGA1 PA0	sexMALE1FE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
306	PA	Female	8	7	19	23	34	22
307	PA	Male	8	10	25	26	38	28
308	PA	Female	8	7	48	30	50	30
309	PA	Male	6	10	30	35	42	25
310	PA	Female	10	10	20	25	40	20
311	PA	Male	10	10	20	27	40	33
312	PA	Female	10	10	20	24	30	23
313	PA	Male	10	6	38	34	80	26
314	PA	Male	5	5	34.67	36.6	52.18	48.61
315	PA	Male	5.18	5.98	34.67	36.6	52.18	48.61
316	PA	Male	4	4	34.67	36.6	52.18	48.61
317	PA	Male	3	4	25	36.6	24	48.61
318	PA	Male	3	2	25	25	29	30
319	PA	Male	1	0	24	30	56	36
320	PA	Male	0	7	33	35	71	31
321	PA	Male	1	2	25	30	50	33
322	PA	Male	5	4	24	35	33	50
323	PA	Female	1	2	20	25	36	25
324	PA	Male	0	1	37	47	54	41
325	PA	Male	3	2	28	31	29	27
326	PA	Female	2	2	34.67	36.6	52.18	48.61
327	PA	Male	1	2	25	25	46	41
328	PA	Male	0	0	60	47	62	52
329	PA	Female	6	5	42	29	98	28
330	PA	Female	2	3	11	32	49	32

331	PA	Female	6	1	57	31	51	21
332	PA	Female	3	4	34.67	36.6	52.18	48.61
333	PA	Female	3	4	34.67	36.6	52.18	48.61
334	PA	Female	5	5	60	36.6	52.18	48.61
335	PA	Female	3	2	60	36.6	52.18	48.61
336	PA	Female	4	2	34.67	36.6	52.18	48.61
337	PA	Female	2	1	34.67	36.6	52.18	48.61
338	PA	Female	4	2	34.67	36.6	52.18	48.61
339	PA	Female	3	3	60	36.6	60	48.61
340	PA	Female	2	2	34.67	36.6	52.18	48.61
341	PA	Female	0	2	1	36.6	1	48.61
342	PA	Female	6	6	34.67	36.6	52.18	48.61
343	PA	Female	3	2	1	36.6	52.18	48.61

s.no	YOGA1 PA0	sexMALEIFE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
344	PA	Female	2	1	25	36.6	19	48.61
345	PA	Female	1	1	34.67	36.6	52.18	48.61
346	PA	Male	5.18	5.98	34.67	36.6	52.18	48.61
347	PA	Female	5.18	5.98	34.67	36.6	52.18	48.61
348	PA	Male	5.18	5.98	34.67	36.6	52.18	48.61
349	PA	Male	5.18	5.98	34.67	36.6	52.18	48.61
350	PA	Male	2	4	34.67	36.6	52.18	48.61
351	PA	Female	5.18	5.98	34.67	36.6	52.18	48.61
352	PA	Female	2	1	60	36.6	60	48.61
196	PA	Male	1	1	34.67	36.6	52.18	48.61
198	PA	Male	2	2	120	69	120	87
200	PA	Male	0	1	90	45	90	66
202	PA	Male	1	3	130	67	90	64
203	PA	Male	1	3	120	73	120	71
204	PA	Male	3	5	34.67	36.6	52.18	48.61
205	PA	Female	3	1	34.67	36.6	52.18	48.61
206	PA	Male	4	3	54	60	90	66
207	PA	Male	2	3	100	80	70	56
208	PA	Male	10	4	30	33	55	55
209	PA	Female	0	2	120	78	120	67
210	PA	Male	1	3	34.67	36.6	52.18	48.61
211	PA	Male	2	1	100	70	120	77
212	PA	Male	0	3	34.67	36.6	52.18	48.61
213	PA	Male	1	1	34.67	36.6	52.18	48.61
214	PA	Male	8	2	30	31	60	55
215	PA	Male	2	3	90	77	130	72
216	PA	Female	0	4	60	56	70	55
217	PA	Male	1	0	34.67	36.6	52.18	48.61
218	PA	Female	4	3	34.67	36.6	120	63

219	PA	Female	1	3	35	38	51	62
220	PA	Female	8	2	30	33	120	79
221	PA	Female	4	0	34.67	36.6	60	63
222	PA	Female	4	5	60	56	120	100
223	PA	Female	2	4	34	36	120	88
224	PA	Female	6	3	30	33	60	71
225	PA	Female	6	4	80	50	70	64
226	PA	Male	4	3	34.67	36.6	60	78
227	PA	Female	4	2	70	52	70	73

s.no	YOGA1 PA0	sexMALEIFE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
228	PA	Male	2	0	60	55	120	81
229	PA	Female	2	1	30	33	50	51
230	PA	Female	1	2	34.67	36.6	52.18	48.61
231	PA	Female	4	3	35	23	42	47
232	PA	Female	1	3	30	30	50	49
233	PA	Female	2	1	70	44	80	67
731	PA	Male	5.18	5.98	34.67	36.6	52.18	48.61
733	PA	Female	9	9	34.67	36.6	52.18	48.61
735	PA	Female	8	8	24	22	40	34
737	PA	Female	9	9	16	18	45	39
739	PA	Female	9	9	17	18	52	45
741	PA	Female	7	8	21	20	47	40
743	PA	Female	5	9	38	20	39	38
745	PA	Female	4	8	38	18	136	59
747	PA	Male	3	9	26	16	73	49
749	PA	Female	3	8	30	26	68	55
751	PA	Male	5	9	26	22	66	58
753	PA	Female	5	8	25	22	64	59
755	PA	Female	8	8	25	21	40	43
757	PA	Male	8	8	27	20	56	59
759	PA	Male	7	9	25	20	59	40
761	PA	Male	8	9	40	28	105	68
763	PA	Female	8	7	34.67	36.6	52.18	48.61
765	PA	Female	9	7	28	27	55	40
767	PA	Male	6	6	23	21	51	44
769	PA	Male	7	7	34.67	36.6	52.18	48.61
771	PA	Male	8	9	20	20	39	33
773	PA	Female	9	8	20	20	35	34
775	PA	Male	9	9	18	16	49	37
777	PA	Male	8	8	34.67	36.6	52.18	48.61
779	PA	Female	7	9	25	22	31	33
781	PA	Male	8	8	23	22	48	37

783	PA	Male	9	9	24	22	49	39
785	PA	Male	7	8	23	20	56	44
787	PA	Male	8	9	34.67	36.6	52.18	48.61
789	PA	Female	8	9	25	20	48	42

s.no	YOGA1 PA0	sexMALE1FE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
791	PA	Male	10	9	22	20	75	59
793	PA	Male	9	9	19	20	34	33
795	PA	Female	10	10	20	18	55	47
797	PA	Male	7	8	20	18	59	49
798	PA	Male	8	8	25	18	55	49
799	PA	Male	9	9	34.67	36.6	52.18	48.61
800	PA	Female	5	8	29	18	60	45
801	PA	Male	6	8	23	19	61	42
802	PA	Female	7	9	25	20	67	56
234	PA	Male	2	2	25	52	59	109
235	PA	Male	2	6	20	19	20	36
236	PA	Male	2	2	22	11	47	101
237	PA	Male	4	7	21	30	38	64
238	PA	Male	3	4	25	44	37	60
239	PA	Male	2	3	24	39	53	104
240	PA	Male	1	4	24	31	20	76
241	PA	Male	3	4	14	28	17	50
242	PA	Male	2	4	24	38	29	59
244	PA	Male	3	5	15	26	16	61
246	PA	Male	2	2	53	40	62	60
248	PA	Male	3	6	45	68	61	98
250	PA	Male	5	2	23	38	29	80
252	PA	Male	4	6	25	34	24	61
254	PA	Male	5	6	19	31	27	48

s.no	YOGA1 PA0	sexMALE1FE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
256	PA	Male	4	6	21	46	28	66
258	PA	Male	4	4	22	45	51	65
260	PA	Male	4	3	21	44	34	65
262	PA	Male	4	4	19	24	19	49
264	PA	Male	2	4	56	30	46	59
266	PA	Male	1	3	37	36.6	49	48.61
268	PA	Male	2	3	31	49	33	105

270	PA	Male	5.18	5.98	17	36.6	21	48.61
272	PA	Male	2	2	56	81	93	89
274	PA	Female	4	3	25	40	58	50
276	PA	Female	3	4	23	39	53	62
278	PA	Female	2	2	34.67	24	52.18	108
280	PA	Female	2	1	16	28	42	79
282	PA	Female	2	2	24	30	18	32
284	PA	Female	5	6	23	33	92	55
286	PA	Female	6	8	60	43	29	84
288	PA	Female	4	1	27	24	19	55
290	PA	Male	2	2	30	32	58	71
292	PA	Female	3	3	67	36.6	33	48.61
294	PA	Male	5	5	30	32	28	56
296	PA	Female	5	6	49	41	45	65
298	PA	Female	8	9	21	21	30	38
300	PA	Female	2	4	26	36.6	27	58
302	PA	Female	5	5	29	22	24	78
304	PA	Female	1	3	66	44	61	87
1	PA	Male	3	1	30	57	44	50
2	PA	Male	2	0	43	57	54	54
3	PA	Male	3	1	34.67	36.6	52.18	48.61
4	PA	Male	3	2	34.67	36.6	52.18	48.61
5	PA	Male	3	5	34.67	36.6	52.18	48.61
6	PA	Male	3	3	35	56	60	54
7	PA	Male	3	2	30	55	55	45
8	PA	Male	3	4	40	48	37	58
9	PA	Male	3	1	35	26	50	50
10	PA	Male	4	3	40	55	55	85
11	PA	Male	3	3	30	57	55	64
12	PA	Male	3	3	40	55	54	58
13	PA	Male	3	3	30	60	56	60
14	PA	Male	5.18	5.98	34.67	36.6	52.18	48.61
15	PA	Male	3	5	30	55	50	34
16	PA	Male	4	4	30	57	42	50
17	PA	Male	3	4	40	48	44	58
18	PA	Male	3	4	34.67	36.6	52.18	48.61
19	PA	Male	3	3	34.67	36.6	52.18	48.61
20	PA	Male	3	1	30	57	55	54
21	PA	Male	2	2	34.67	36.6	52.18	48.61
22	PA	Male	3	1	30	50	30	50
23	PA	Male	2	1	30	90	40	45

s.no	YOGA1 PA0	sexMALE1FE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
24	PA	Male	2	1	34.67	36.6	52.18	48.61
25	PA	Male	2	2	30	65	50	70
26	PA	Male	2	4	40	57	37	85
27	PA	Female	3	2	35	26	37	50
28	PA	Female	2	6	30	40	60	90
29	PA	Female	3	6	34.67	36.6	52.18	48.61
30	PA	Female	3	6	30	26	33	40
31	PA	Female	2	3	30	26	60	50
32	PA	Female	2	5	30	48	52.18	40
33	PA	Female	2	4	34.67	36.6	52.18	48.61
34	PA	Female	3	3	40	90	52.18	60
35	PA	Female	3	4	34.67	36.6	52.18	48.61
36	PA	Female	3	9	34.67	36.6	52.18	48.61
37	PA	Female	2	1	30	45	52.18	45
38	PA	Female	3	6	35	55	55	60
39	PA	Female	3	4	34.67	36.6	52.18	48.61
40	PA	Male	2	1	30	36	50	56
41	PA	Female	3	6	34.67	36.6	52.18	48.61
82	PA	Female	5.18	5.98	60	63	50	48.61
84	PA	Male	4	4	50	55	50	48.61
85	PA	Female	3	4	60	67	52.18	48.61
86	PA	Male	3	4	25	43	30	48.61
87	PA	Male	1	3	29	46	30	48.61
88	PA	Female	5	5	60	64	60	48.61
89	PA	Male	5	5	34.67	36.6	52.18	48.61
90	PA	Female	4	4	30	44	30	48.61
91	PA	Female	3	4	60	59	60	48.61
92	PA	Male	2	4	60	62	52.18	48.61
93	PA	Female	5	5	34.67	36.6	52.18	48.61
94	PA	Male	6	5	47	50	52.18	80
95	PA	Male	3	4	85	80	89	48.61
96	PA	Female	5	5	34.67	36.6	52.18	48.61
97	PA	Female	5	6	20	43	20	48.61
98	PA	Male	8	6	34.67	36.6	10	48.61
99	PA	Male	1	4	30	44	30	48.61
100	PA	Female	6	6	60	51	60	48.61
101	PA	Female	6	7	60	72	60	48.61
102	PA	Male	2	3	60	66	60	48.61
103	PA	Male	4	4	60	59	52.18	48.61
104	PA	Female	3	4	69	77	90	48.61

s.no	YOGA1 PA0	sexMALE1FE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
105	PA	Female	4	4	60	72	60	48.61
106	PA	Male	4	6	34.67	36.6	52.18	48.61
107	PA	Female	8	6	60	61	60	48.61
108	PA	Male	5	6	34.67	36.6	52.18	48.61
109	PA	Female	6	5	60	63	60	48.61
110	PA	Male	4	5	60	65	52.18	48.61
111	PA	Female	6	5	25	42	30	48.61
112	PA	Male	5.18	5.98	60	67	60	48.61
113	PA	Male	2	5	14	33	58	48.61
114	PA	Male	4	5	90	87	50	48.61
115	PA	Male	4	6	34.67	36.6	52.18	48.61
116	PA	Male	0	4	60	39	60	41
117	PA	Male	5.18	5.98	60	58	60	48.61
118	PA	Male	2	5.98	34.67	36.6	52.18	48.61
559	Yoga	Male	8	6	34.67	36.6	52.18	48.61
560	Yoga	Female	9	8	34.67	36.6	52.18	48.61
561	Yoga	Female	6	10	34.67	36.6	52.18	48.61
562	Yoga	Male	4	3	34.67	36.6	52.18	48.61
563	Yoga	Female	6	10	34.67	36.6	52.18	48.61
564	Yoga	Female	6	10	34.67	36.6	52.18	48.61
565	Yoga	Female	5	10	34.67	36.6	52.18	48.61
566	Yoga	Female	5	4	34.67	36.6	52.18	48.61
567	Yoga	Male	4	10	34.67	36.6	52.18	48.61
568	Yoga	Female	5	10	34.67	36.6	52.18	48.61
569	Yoga	Male	8	10	34.67	36.6	52.18	48.61
570	Yoga	Female	2	10	34.67	36.6	52.18	48.61
571	Yoga	Female	10	9	34.67	36.6	52.18	48.61
572	Yoga	Male	9	10	34.67	36.6	52.18	48.61
573	Yoga	Male	1	10	34.67	36.6	52.18	48.61
574	Yoga	Female	9	10	34.67	36.6	52.18	48.61
575	Yoga	Male	1	5	34.67	36.6	52.18	48.61
576	Yoga	Female	7	8	34.67	36.6	52.18	48.61
577	Yoga	Male	3	10	34.67	36.6	52.18	48.61
578	Yoga	Male	5	10	34.67	36.6	52.18	48.61
579	Yoga	Male	5	8	34.67	36.6	52.18	48.61
580	Yoga	Female	9	10	34.67	36.6	52.18	48.61
581	Yoga	Male	0	10	34.67	36.6	52.18	48.61
582	Yoga	Male	0	9	34.67	36.6	52.18	48.61

s.no	YOGA1 PA0	sexMALE1FE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
583	Yoga	Male	3	10	34.67	36.6	52.18	48.61
584	Yoga	Female	0	10	34.67	36.6	52.18	48.61
585	Yoga	Female	4	8	34.67	36.6	52.18	48.61
586	Yoga	Female	10	10	34.67	36.6	52.18	48.61
587	Yoga	Male	5	10	34.67	36.6	52.18	48.61
588	Yoga	Male	4	10	34.67	36.6	52.18	48.61
589	Yoga	Female	4	10	34.67	36.6	52.18	48.61
590	Yoga	Female	4	10	34.67	36.6	52.18	48.61
591	Yoga	Female	7	10	34.67	36.6	52.18	48.61
592	Yoga	Male	6	10	34.67	36.6	52.18	48.61
593	Yoga	Male	5	10	34.67	36.6	52.18	48.61
594	Yoga	Female	4	10	34.67	36.6	52.18	48.61
595	Yoga	Female	7	10	34.67	36.6	52.18	48.61
596	Yoga	Female	7	10	34.67	36.6	52.18	48.61
597	Yoga	Male	5	10	34.67	36.6	52.18	48.61
598	Yoga	Female	2	6	34.67	36.6	52.18	48.61
353	Yoga	Female	7	8	30	21	51	44
354	Yoga	Male	8	8	30	20	38	35

s.no	YOGA1 PA0	sexMALE1FE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
355	Yoga	Female	7	8	30	25	56	53
356	Yoga	Male	6	7	30	25	60	65
360	Yoga	Female	6	8	30	21	51	90
361	Yoga	Male	7	9	35	30	35	40
362	Yoga	Female	6	7	40	30	55	65
363	Yoga	Female	7	8	30	24	51	90
364	Yoga	Male	8	9	30	25	55	40
365	Yoga	Male	5	9	40	28	60	90
366	Yoga	Male	4	8	40	27	90	63
367	Yoga	Female	6	9	30	27	51	90
368	Yoga	Female	6	8	30	22	76	60
369	Yoga	Female	7	8	30	20	44	58
370	Yoga	Male	8	9	30	25	50	60
371	Yoga	Female	9	8	30	26	76	60
372	Yoga	Male	5	9	34.67	36.6	52.18	48.61
373	Yoga	9999	7	9	34.67	36.6	52.18	48.61
374	Yoga	Male	6	8	30	22	60	60
375	Yoga	Female	7	8	30	27	55	50
376	Yoga	Female	8	8	30	23	44	54
377	Yoga	Female	9	9	35	29	49	50
378	Yoga	Male	6	8	30	29	45	60

379	Yoga	Male	7	9	30	20	45	55
380	Yoga	Male	7	8	35	20	52.18	45
381	Yoga	Female	8	8	30	20	52.18	48.61
382	Yoga	Male	9	9	29	20	55	40
383	Yoga	Female	5.18	5.98	34.67	36.6	52.18	48.61
384	Yoga	Female	10	9	42	23	47	48.61
385	Yoga	Male	7	9	50	26	50	90
386	Yoga	Female	5	8	36	23	45	56
387	Yoga	Female	7	9	30	21	50	58
388	Yoga	Female	8	8	30	22	23	44
389	Yoga	Male	9	8	30	23	45	45
390	Yoga	Male	9	7	30	25	66	45
391	Yoga	Female	7	8	40	25	78	60
392	Yoga	Male	6	7	30	26	37	34
393	Yoga	Female	5	7	30	20	77	60
394	Yoga	Male	6	7	40	27	60	54
396	Yoga	Male	6	8	25	25	35	32
437	Yoga	Male	9	9	22	24	50	40
438	Yoga	Female	8	9	37	23	47	37
439	Yoga	Male	10	9	22	26	38	30
440	Yoga	Female	6	7	44	25	30	30
441	Yoga	Male	8	8	18	23	41	33
442	Yoga	Female	7	9	34	29	50	32
443	Yoga	Male	9	9	15	20	26	30

s.no	YOGA1 PA0	sexMALE1FE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
444	Yoga	Female	8	9	24	24	38	37
445	Yoga	Female	5	7	34	21	40	38
446	Yoga	Male	6	7	20	29	40	38
447	Yoga	Female	7	6	25	27	37	39
448	Yoga	Male	6	8	25	23	39	40
449	Yoga	Female	4	7	45	21	50	45
450	Yoga	Female	6	8	22	26	49	48
451	Yoga	Female	7	7	24	20	50	34
452	Yoga	Female	8	7	20	15	20	29
453	Yoga	Female	9	8	25	22	50	36
454	Yoga	Male	6	8	20	20	52.18	48.61
455	Yoga	Female	6	7	44	23	30	33
456	Yoga	Female	7	7	22	28	33	32
457	Yoga	Female	8	9	20	21	25	29
458	Yoga	Female	9	9	24	20	34	33
459	Yoga	Female	7	9	21	20	44	32
460	Yoga	Female	6	9	20	21	40	30

461	Yoga	Male	8	7	28	29	52.18	48.61
462	Yoga	Female	9	8	23	23	40	32
463	Yoga	Male	7	9	23	19	50	37
464	Yoga	Male	8	8	20	16	52.18	48.61
465	Yoga	Male	9	8	20	20	52.18	48.61
466	Yoga	Male	7	9	20	18	52.18	48.61
467	Yoga	Female	6	9	22	21	45	42
468	Yoga	Female	5	8	22	22	52.18	48.61
469	Yoga	Male	8	8	20	19	43	41
470	Yoga	Male	9	9	23	27	42	32
471	Yoga	Male	7	8	27	25	50	35
473	Yoga	Female	8	7	23	24	40	35
475	Yoga	Male	8	7	19	23	39	33
477	Yoga	Female	9	8	36	31	52.18	48.61
479	Yoga	Female	5	7	41	29	40	35
481	Yoga	Male	6	6	17	21	50	36
608	Yoga	Male	5	5	22	20	35	30
610	Yoga	Female	8	9	13	18	25	23
612	Yoga	Female	9	9	25	18	60	23
614	Yoga	Female	7	8	23	20	39	25
616	Yoga	Female	6	7	36	32	92	21
618	Yoga	Female	8	10	28	20	52	35
620	Yoga	Male	9	10	23	30	38	34
622	Yoga	Male	9	10	15	33	78	24
624	Yoga	Male	9	10	32	30	47	40
626	Yoga	Male	7	8	20	30	34	32
628	Yoga	Male	7	8	32	36.6	49	48.61

s.no	YOGA1 PA0	sexMALE1FE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
630	Yoga	Male	8	10	22	30	44	42
632	Yoga	Female	9	10	25	29	67	32
634	Yoga	Female	7	8	19	53	41	35
636	Yoga	Female	5	4	22	40	58	46
638	Yoga	Female	10	10	24	30	51	26
640	Yoga	Male	10	10	13	24	33	20
642	Yoga	Female	10	10	95	24	42	17
644	Yoga	Female	10	10	25	29	59	26
646	Yoga	Female	7	7	20	30	36	22
648	Yoga	Male	10	10	10	19	35	26
650	Yoga	Male	8	7	30	25	37	22
652	Yoga	Male	6	5	25	20	35	30
654	Yoga	Male	5	6	21	28	16	27
656	Yoga	Male	10	10	17	40	25	40
658	Yoga	Female	10	8	26	20	90	44

660	Yoga	Female	10	10	30	28	40	38
662	Yoga	Male	10	9	34	28	49	29
664	Yoga	Male	10	10	21	32	24	23
666	Yoga	Female	8	9	19	39	49	28
668	Yoga	Female	10	10	20	25	59	20
670	Yoga	Female	9	7	24	32	58	31
671	Yoga	Female	10	8	23	28	39	28
672	Yoga	Female	0	10	88	36	83	36
673	Yoga	Male	7	10	32	33	65	28
674	Yoga	Female	10	10	25	30	60	22
675	Yoga	Female	10	10	25	23	73	34
676	Yoga	Female	10	1	41	36	62	34
677	Yoga	Female	9	8	28	30	102	21
678	Yoga	Female	10	10	22	30	81	35
710	Yoga	Female	2	5.98	34.67	36.6	52.18	48.61
712	Yoga	Female	4	3	37	43	47	44
714	Yoga	Male	2	1	22	56	38	33
716	Yoga	Female	7	2	44	55	30	35
718	Yoga	Female	2	4	18	43	41	34
720	Yoga	Female	2	1	34	49	50	30
722	Yoga	Female	2	3	34.67	36.6	52.18	48.61

s.no	YOGA1 PA0	sexMALE1FE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
724	Yoga	Female	3	3	34.67	36.6	52.18	48.61
726	Yoga	Female	4	3	34.67	36.6	52.18	48.61
728	Yoga	Female	2	3	34.67	36.6	52.18	48.61
730	Yoga	Female	2	5.98	34.67	36.6	52.18	48.61
732	Yoga	Female	3	1	60	36.6	52.18	48.61
734	Yoga	Female	3	2	34.67	36.6	52.18	48.61
736	Yoga	Female	1	3	34.67	36.6	52.18	48.61
738	Yoga	Female	4	3	34.67	36.6	52.18	48.61
740	Yoga	Female	1	1	34.67	36.6	52.18	48.61
742	Yoga	Female	2	5	34.67	36.6	52.18	48.61
744	Yoga	Female	2	5	34.67	36.6	52.18	48.61
746	Yoga	Female	2	2	60	36.6	60	48.61
748	Yoga	Female	4	7	34.67	36.6	52.18	48.61
750	Yoga	Female	0	0	34.67	36.6	52.18	48.61
752	Yoga	Female	0	2	21	50	44	48.61
754	Yoga	Male	3	3	20	31	40	48.61
756	Yoga	Male	2	2	28	49	52.18	48.61
758	Yoga	Female	2	5.98	23	55	40	48.61
760	Yoga	Female	1	5.98	23	49	50	48.61
762	Yoga	Male	1	1	20	46	52.18	48.61
764	Yoga	Female	3	5.98	20	40	52.18	48.61

766	Yoga	Male	1	2	20	38	52.18	48.61
768	Yoga	Male	1	1	22	41	45	48.61
770	Yoga	Male	5.18	1	22	44	52.18	48.61
772	Yoga	Male	5	5	20	59	43	48.61
774	Yoga	Male	3	2	23	50	42	48.61
776	Yoga	Male	2	2	27	55	50	48.61
778	Yoga	Male	3	5.98	23	45	40	48.61
780	Yoga	Female	4	5	34.67	36.6	52.18	48.61
782	Yoga	Female	1	1	25	36.6	8	48.61
784	Yoga	Female	5	4	60	36.6	60	48.61
786	Yoga	Female	3	3	34.67	36.6	52.18	48.61
788	Yoga	Male	3	6	60	36.6	60	48.61
790	Yoga	Male	7	6	34.67	36.6	52.18	48.61
792	Yoga	Male	4	5	34.67	36.6	52.18	48.61
794	Yoga	Male	5	5	34.67	36.6	52.18	48.61

s.no	YOGA1 PA0	sexMALE1FE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
796	Yoga	Male	7	3	34.67	36.6	52.18	48.61
515	Yoga	Male	4	3	34.67	36.6	52.18	48.61
516	Yoga	Male	1	2	34.67	36.6	52.18	48.61
517	Yoga	Male	2	2	120	66	120	71
518	Yoga	Female	4	3	34.67	36.6	52.18	48.61
519	Yoga	Male	3	6	120	50	120	69
520	Yoga	Male	2	2	34.67	36.6	52.18	48.61
521	Yoga	Male	2	4	34.67	36.6	52.18	48.61
522	Yoga	Male	3	2	34.67	36.6	52.18	48.61
523	Yoga	Female	2	1	140	54	140	60
524	Yoga	Male	3	2	20	20	40	33
525	Yoga	Female	2	3	60	45	52.18	48.61
526	Yoga	Female	0	3	25	31	60	35
527	Yoga	Male	2	3	34.67	36.6	52.18	48.61
528	Yoga	Male	0	4	120	77	120	68
529	Yoga	Female	1	3	50	49	55	39
530	Yoga	Male	3	3	80	66	52.18	48.61
531	Yoga	Male	1	3	120	79	120	57
532	Yoga	Female	3	6	60	59	52.18	48.61
533	Yoga	Male	5	6	34.67	36.6	52.18	48.61
534	Yoga	Female	10	10	120	54	120	59
535	Yoga	Female	1	3	69	55	120	64
536	Yoga	Male	7	2	34.67	36.6	52.18	48.61
537	Yoga	Male	2	0	34.67	36.6	52.18	48.61
538	Yoga	Female	3	2	34.67	36.6	52.18	48.61
539	Yoga	Female	3	1	34.67	36.6	52.18	48.61
540	Yoga	Male	10	10	34.67	36.6	52.18	48.61

541	Yoga	Female	3	2	34.67	36.6	52.18	48.61
542	Yoga	Female	3	2	60	45	120	66
543	Yoga	Female	4	1	120	49	60	45
544	Yoga	Female	4	2	34.67	36.6	100	60
545	Yoga	Male	1	3	34.67	36.6	52.18	48.61
546	Yoga	Male	2	2	34.67	36.6	52.18	48.61
547	Yoga	Male	1	2	34.67	36.6	52.18	48.61
548	Yoga	Female	2	3	60	55	120	76
549	Yoga	Male	2	3	34.67	36.6	52.18	48.61

s.no	YOGA1 PA0	sexMALEIFE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
550	Yoga	Female	6	2	60	43	60	55
551	Yoga	Female	2	1	34.67	36.6	52.18	48.61
552	Yoga	Female	2	0	34.67	36.6	52.18	48.61
553	Yoga	Male	2	1	34.67	36.6	52.18	48.61
554	Yoga	Female	2	2	60	40	60	61
555	Yoga	Male	5.18	5.98	90	48	66	52
556	Yoga	Male	2	3	34.67	36.6	52.18	48.61
557	Yoga	Male	1	3	40	32	42	44
558	Yoga	Male	4	3	34.67	36.6	52.18	48.61
679	Yoga	Male	5.18	5.98	13	36.6	52.18	48.61
680	Yoga	Male	5.18	5.98	34.67	36.6	52.18	48.61
681	Yoga	Male	5.18	5.98	34.67	36.6	52.18	48.61
682	Yoga	Female	5.18	5.98	34.67	36.6	52.18	48.61
683	Yoga	Male	5.18	5.98	34.67	36.6	52.18	48.61
684	Yoga	Male	5.18	5.98	34.67	36.6	52.18	48.61
685	Yoga	Male	8	8	31	28	56	44
686	Yoga	Male	7	7	21	17	59	42
687	Yoga	Male	6	8	21	18	67	51
688	Yoga	Male	8	7	34.67	36.6	66	55
689	Yoga	Male	7	7	24	20	68	53
690	Yoga	Male	5	8	25	15	45	50
691	Yoga	Female	8	8	34.67	36.6	49	58
692	Yoga	Male	7	7	25	15	66	36
693	Yoga	Male	5	9	25	16	61	38
694	Yoga	Female	3	7	31	20	60	49
695	Yoga	Female	3	7	70	30	89	56
696	Yoga	Female	7	8	24	20	50	47
697	Yoga	Female	7	8	25	19	55	46
698	Yoga	Female	4	7	21	20	59	40
699	Yoga	Female	5	7	25	20	60	40
700	Yoga	Female	2	6	36	23	64	39
701	Yoga	Female	8	7	23	20	37	33
702	Yoga	Female	9	6	20	20	36	34

703	Yoga	Female	8	7	34.67	36.6	52.18	48.61
704	Yoga	Male	7	6	30	23	49	37
705	Yoga	Female	8	7	25	22	55	35
706	Yoga	Female	9	8	28	20	57	48
707	Yoga	Female	7	8	34.67	36.6	52.18	48.61
708	Yoga	Female	8	9	30	21	125	67
709	Yoga	Female	9	8	35	24	86	60

s.no	YOGA1 PA0	sexMALE1FE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
711	Yoga	Female	6	7	20	18	73	54
713	Yoga	Female	5	7	20	19	58	50
715	Yoga	Female	7	9	25	20	59	38
717	Yoga	Male	8	8	30	22	64	46
719	Yoga	Female	8	9	45	26	69	51
721	Yoga	Female	9	9	35	27	67	55
723	Yoga	Female	6	9	35	27	69	49
725	Yoga	Female	7	8	25	23	70	50
727	Yoga	Female	8	9	40	30	74	66
729	Yoga	Female	9	9	20	20	57	69
599	Yoga	Male	2	4	16	36.6	43	48.61
600	Yoga	Male	8	7	13	23	14	35
601	Yoga	Male	4	7	17	31	31	79
602	Yoga	Male	4	6	26	42	23	34
603	Yoga	Male	2	0	22	35	70	63
604	Yoga	Male	5	7	19	97	20	60
605	Yoga	Male	5	6	22	33	82	53
606	Yoga	Male	2	3	18	34	23	44
607	Yoga	Male	3	4	24	26	33	60
609	Yoga	Male	0	1	80	62	116	117
611	Yoga	Male	3	2	30	48	67	63
613	Yoga	Male	1	1	36	41	50	87
615	Yoga	Female	5.18	5.98	34.67	36.6	52.18	48.61
617	Yoga	Male	2	3	32	38	71	71
619	Yoga	Male	4	5	31	31	79	59
621	Yoga	Male	4	6	14	26	13	90
623	Yoga	Male	4	4	15	18	14	62
625	Yoga	Male	1	4	18	68	27	70
627	Yoga	Male	4	7	17	33	67	63
629	Yoga	Male	2	4	50	51	96	99
631	Yoga	Male	5.18	5.98	34.67	36.6	52.18	48.61
633	Yoga	Female	3	5	21	34	45	57
635	Yoga	Female	3	6	31	56	37	81
637	Yoga	Female	6	7	25	36	111	50

s.no	YOGA1 PA0	sexMALE1FE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
639	Yoga	Female	3	4	30	26	139	44
641	Yoga	Female	8	7	20	25	38	52
643	Yoga	Female	6	6	20	29	34	39
645	Yoga	Female	4	8	17	18	36	29
647	Yoga	Female	0	2	27	35	77	53
649	Yoga	Female	1	3	31	36	36	61
651	Yoga	Female	6	4	37	51	46	58
653	Yoga	Female	4	5	33	37	153	77
655	Yoga	Female	5	7	28	33	41	40
657	Yoga	Female	2	2	22	22	40	31
659	Yoga	Female	2	4	15	51	43	63
661	Yoga	Female	2	2	43	40	49	70
663	Yoga	Female	5.18	5.98	34.67	36.6	52.18	48.61
665	Yoga	Female	2	3	49	29	48	53
667	Yoga	Female	7	6	28	31	37	50
669	Yoga	Female	2	2	24	36	24	41
395	Yoga	Male	7	2	30	45	60	65
397	Yoga	Male	2	1	35	40	35	40
398	Yoga	Male	2	0	40	45	30	58
399	Yoga	Male	4	4	40	38	55	58
400	Yoga	Male	4	2	30	51	51	90
401	Yoga	Female	0	2	35	40	35	40
402	Yoga	Male	3	4	40	50	55	65
403	Yoga	Male	1	4	34.67	36.6	52.18	48.61
404	Yoga	Male	6	3	34.67	36.6	52.18	48.61
405	Yoga	Male	5	6	40	90	60	90
406	Yoga	Male	2	2	40	55	90	48.61
407	Yoga	Male	2	4	30	48	51	90
408	Yoga	Male	3	3	30	55	52.18	60
409	Yoga	Male	5	4	30	30	44	58
410	Yoga	Male	3	0	30	55	50	60
411	Yoga	Male	4	4	30	55	52.18	60
412	Yoga	Male	5	2	34.67	36.6	52.18	48.61
413	Yoga	Male	0	0	40	90	52.18	45
414	Yoga	Male	2	4	43	57	54	54
415	Yoga	Male	4	3	30	50	30	50

s.no	YOGA1 PA0	sexMALE1FE MALE0	DSB _1	DSB 1_1	TMTNp re_1	TMTNp os_1	TMTAp re_1	TMTApo st_1
416	Yoga	Male	2	1	30	90	52.18	45
417	Yoga	Male	2	2	30	57	44	50
418	Yoga	Male	4	4	35	56	60	48.61
419	Yoga	Male	4	3	30	55	55	45
420	Yoga	Male	3	3	40	48	37	58
421	Yoga	Female	2	6	35	26	50	50
435	Yoga	Female	6	9	34.67	36.6	52.18	48.61
436	Yoga	Female	3	3	34.67	36.6	52.18	48.61
472	Yoga	Female	4	5	34.67	36.6	52.18	48.61
474	Yoga	Male	3	2	21	29	52.18	55
476	Yoga	Male	3	8	27	33	52.18	48.61
478	Yoga	Female	4	5	60	78	60	45
480	Yoga	Male	4	9	90	85	90	58
482	Yoga	Female	1	5	20	37	25	30
483	Yoga	Male	1	5	60	77	60	45
484	Yoga	Female	3	5	60	79	60	49
485	Yoga	Male	6	6	95	99	52.18	48.61
486	Yoga	Female	3	5	34.67	36.6	52.18	48.61
487	Yoga	Male	2	2	34.67	36.6	52.18	48.61
488	Yoga	Male	5.18	5.98	40	67	50	50
489	Yoga	Female	3	5	90	90	90	56
490	Yoga	Male	9	9	60	67	50	38
491	Yoga	Female	2	7	60	74	60	39

500	Yoga	Female	2	5	90	89	90	57
501	Yoga	Male	3	4	34.67	36.6	52.18	48.61
502	Yoga	Male	6	9	34.67	36.6	52.18	48.61
503	Yoga	Male	4	6	60	73	60	44
504	Yoga	Male	5.18	5.98	34.67	36.6	52.18	48.61
505	Yoga	Male	9	9	40	69	50	42
506	Yoga	Male	6	8	50	71	50	39
507	Yoga	Male	4	9	34.67	36.6	52.18	48.61
508	Yoga	Male	5	8	50	68	50	35
509	Yoga	Male	8	8	60	78	60	35
510	Yoga	Male	5.18	5.98	90	81	90	40
511	Yoga	Female	4	5	47	36	56	40
512	Yoga	Female	5.18	5.98	16	38	52.18	59
513	Yoga	Female	5.18	5.98	32	41	52.18	51
514	Yoga	Female	5	5	90	90	90	49

3. BEEP TEST

s.no	YOGA IPA0	sexMALE1F EMALE0	LEVEL pre_1	LEVELp ost_1	ROUND pre_1	ROUND post_1	VO2p re_1	VO2p ost_1
159	PA	Female	4.97	5.42	4.67	4.55	31.15	32.7
160	PA	Female	4	4	9	9	29.5	29.5
161	PA	Male	5	5	2	2	30.27	30.27
162	PA	Female	4	5.42	1	4.55	26.42	32.7
163	PA	Female	5	5	3	3	30.65	30.65
164	PA	Female	5	5.42	3	4.55	30.65	32.7
165	PA	Male	7	7	1	1	36.77	36.77
166	PA	Male	4	4	7	7	28.73	28.73
167	PA	Female	4	4	5	2	27.96	26.81
168	PA	Male	3	3	1	1	23.01	23.01
169	PA	Male	5	5	9	5	32.96	31.42
170	PA	Female	2	2	3	3	20.42	20.42
171	PA	Male	4	5.42	9	4.55	29.5	32.7
172	PA	Male	2	2	7	7	22.15	22.15
173	PA	Male	6	6	3	3	34	34
174	PA	Female	3	3	5	5	24.74	24.74
175	PA	Male	4	4	1	1	26.42	26.42
176	PA	Male	4	4	7	7	28.73	28.73
177	PA	Female	2	2	2	2	19.99	19.99
178	PA	Male	8	8	3	3	40.82	40.82
179	PA	Female	2	2	3	3	20.42	20.42
180	PA	Female	2	2	5	5	21.28	21.28
181	PA	Male	5	5	2	2	30.27	30.27
182	PA	Male	5	5	8	8	32.58	32.58
183	PA	Male	4	4	1	1	26.42	26.42
184	PA	Male	7	7	9	9	39.53	39.53
185	PA	Male	5	5	6	6	31.81	31.81
186	PA	Male	5	5.42	1	4.55	29.88	32.7
187	PA	Female	4	4	3	0	27.19	26.04
188	PA	Male	4	5.42	3	4.55	27.19	32.7
189	PA	Male	2	2	7	7	22.15	22.15
190	PA	Male	4	4	5	5	27.96	27.96
191	PA	Female	2	2	3	3	20.42	20.42
192	PA	Female	5	5	4	4	31.04	31.04
193	PA	Male	4	4	5	5	27.96	27.96
194	PA	Male	6	6	7	7	35.38	35.38
195	PA	Female	3	3	2	2	23.45	23.45
197	PA	Male	5	5.42	1	4.55	29.88	32.7
199	PA	Male	8	8	3	3	40.82	40.82

s.n o	YOGA 1PA0	sexMALE1F EMALE0	LEVEL pre_1	LEVELp ost_1	ROUND pre_1	ROUND post_1	VO2p re_1	VO2p ost_1
201	PA	Male	3	3	5	5	24.74	24.74
42	PA	Male	8	8	7	1	42.08	40.19
43	PA	Female	3	4	5	1	24.74	26.42
44	PA	Male	7	7	3	2	37.46	37.11
45	PA	Male	5	5	3	6	30.65	31.81
46	PA	Female	6	5	5	4	34.69	31.04
47	PA	Female	2	3	5	2	21.28	23.45
48	PA	Female	2	2	7	7	22.15	22.15
49	PA	Female	4	4	1	5	26.42	27.96
50	PA	Female	6	7	5	1	34.69	36.77
51	PA	Female	4	4	9	1	29.5	26.42
52	PA	Female	2	3	7	1	22.15	23.01
53	PA	Male	5	6	8	1	32.58	33.31
54	PA	Male	7	7	7	8	38.84	39.19
55	PA	Female	3	3	7	7	25.61	25.61
56	PA	Male	7	7	3	2	37.46	37.11
57	PA	Female	4	3	5	7	27.96	25.61
58	PA	Female	3	4	5	1	24.74	26.42
59	PA	Male	7	7	3	4	37.46	37.8
60	PA	Male	7	7	3	3	37.46	37.46
61	PA	Female	4	4	1	9	26.42	29.5
62	PA	9999	5	5	2	4	30.27	31.04
63	PA	Female	7	7	1	5	36.77	38.15
64	PA	Female	4	4	1	4	26.42	27.58
65	PA	Female	3	3	7	7	25.61	25.61
66	PA	Male	7	7	3	2	37.46	37.11
67	PA	Male	4	4	3	4	27.19	27.58
68	PA	Male	5	6	8	1	32.58	33.31
69	PA	Male	9	8	6	1	45.23	40.19
70	PA	Male	7	7	3	1	37.46	36.77
71	PA	Male	4	4	1	4	26.42	27.58
72	PA	Female	3	3	4	3	24.31	23.88
73	PA	Male	6	6	5	6	34.69	35.04
74	PA	Female	3	3	5	5	24.74	24.74
75	PA	Female	6	6	7	1	35.38	33.31
76	PA	Female	9	8	8	1	45.86	40.19
77	PA	Male	5	8	1	1	29.88	40.19
78	PA	Female	5	6	8	6	32.58	35.04

s.n o	YOGA 1PA0	sexMALE1F EMALE0	LEVEL pre_1	LEVELp ost_1	ROUND pre_1	ROUND post_1	VO2p re_1	VO2p ost_1
79	PA	Male	9	8	7	5	45.54	41.45
80	PA	Female	6	6	2	3	33.65	34
81	PA	Male	7	7	1	3	36.77	37.46
83	PA	Male	5	5	4	6	31.04	31.81
119	PA	Male	4.97	5.42	4.67	4.55	31.15	32.7
120	PA	Male	7	7	6	6	38.5	38.5
121	PA	Male	8	9	5	4	41.45	44.6
122	PA	Male	8	8	7	7	42.08	42.08
123	PA	Male	2	2	7	7	22.15	22.15
124	PA	Male	7	5	3	4	37.46	31.04
125	PA	Female	6	7	7	3	35.38	37.46
126	PA	Male	5	5	9	8	32.96	32.58
127	PA	Female	2	5	8	9	22.58	32.96
128	PA	Male	2	2	6	8	21.72	22.58
129	PA	Male	5	6	9	1	32.96	33.31
130	PA	Female	7	5	2	2	37.11	30.27
131	PA	Female	3	7	3	2	23.88	37.11
132	PA	Female	3	3	4	3	24.31	23.88
133	PA	Female	6	5.42	1	4.55	33.31	32.7
134	PA	Female	3	6	3	1	23.88	33.31
135	PA	Female	4	3	7	3	28.73	23.88
136	PA	Female	4	4	5	7	27.96	28.73
137	PA	Male	7	4	6	5	38.5	27.96
138	PA	Male	2	2	6	6	21.72	21.72
139	PA	Female	3	7	5	3	24.74	37.46
140	PA	Female	5	3	5	5	31.42	24.74
141	PA	Male	5	5	4	5	31.04	31.42
142	PA	Male	7	7	6	8	38.5	39.19
143	PA	Male	7	10	5	3	38.15	47.74
144	PA	Male	2	7	7	5	22.15	38.15
145	PA	Female	5	2	4	7	31.04	22.15
146	PA	Female	6	5	4	4	34.34	31.04
147	PA	Female	3	6	5	4	24.74	34.34
148	PA	Male	3	3	7	5	25.61	24.74
149	PA	Female	3	3	7	7	25.61	25.61
150	PA	Female	3	0	3	0	23.88	32.7
151	PA	Female	4	3	3	3	27.19	23.88
152	PA	Female	6	4	5	3	34.69	27.19

s.no	YOGA 1PA0	sexMALE1F EMALE0	LEVEL pre_1	LEVELp ost_1	ROUND pre_1	ROUND post_1	VO2pr e_1	VO2 post_ 1
153	PA	Female	4	6	5	5	27.96	34.69
154	PA	Female	7	4	2	5	37.11	27.96
155	PA	Male	2	7	7	2	22.15	37.11
156	PA	Male	8	2	5	7	41.45	22.15
157	PA	Female	8	8	5	5	41.45	41.45
158	PA	Male	5	8	8	5	32.58	41.45
243	PA	Male	5	5	9	6	32.96	31.81
245	PA	Male	5	5	8	5	32.58	31.42
247	PA	Female	4	4	5	6	27.96	28.35
249	PA	Female	4	4	4	5	27.58	27.96
251	PA	Female	6	6	7	6	35.38	35.04
253	PA	Male	8	8	11	5	43.34	41.45
255	PA	Female	5	5	7	7	32.19	32.19
257	PA	Female	4	4	7	7	28.73	28.73
259	PA	Female	4	4	1	3	26.42	27.19
261	PA	Female	5	5	5	6	31.42	31.81
263	PA	Male	4.97	5.42	4.67	4.55	31.15	32.7
265	PA	Male	6	6	1	5	33.31	34.69
267	PA	Male	7	7	7	6	38.84	38.5
269	PA	Female	3	3	3	7	23.88	25.61
271	PA	Male	8	8	1	2	40.19	40.51
273	PA	Male	9	9	5	6	44.91	45.23
275	PA	Male	3	4	4	1	24.31	26.42
277	PA	Female	4	4	1	4	26.42	27.58
279	PA	Male	6	6	2	5	33.65	34.69
281	PA	Female	4	4	1	6	26.42	28.35
283	PA	Male	4	4	5	5	27.96	27.96
285	PA	Male	8	8	2	6	40.51	41.77
287	PA	Female	4	4	3	5	27.19	27.96
289	PA	Female	4	4	5	6	27.96	28.35
291	PA	Female	3	4	7	2	25.61	26.81
293	PA	Female	4	4	4	6	27.58	28.35
295	PA	Female	3	3	1	4	23.01	24.31
297	PA	Male	4.97	5.42	4.67	4.55	31.15	32.7
299	PA	Female	4	4	1	8	26.42	29.12
301	PA	Female	4	5	9	1	29.5	29.88
303	PA	Female	5	5	4	6	31.04	31.81
305	PA	Female	4	4	7	7	28.73	28.73

s.no	YOGA 1PA0	sexMALE1F EMALE0	LEVEL pre_1	LEVELp ost_1	ROUND pre_1	ROUND post_1	VO2p re_1	VO2p ost_1
306	PA	Female	7	7	1	4	36.77	37.8
307	PA	Male	6	7	10	1	36.42	36.77
308	PA	Female	3	3	3	7	23.88	25.61
309	PA	Male	6	6	5	3	34.69	34
310	PA	Female	4	5	9	1	29.5	29.88
311	PA	Male	9	9	5	1	44.91	43.65
312	PA	Female	4	4	3	5	27.19	27.96
313	PA	Male	6	6	7	7	35.38	35.38
314	PA	Male	6	6	9	1	36.07	33.31
315	PA	Male	4.97	5.42	4.67	4.55	31.15	32.7
316	PA	Male	6	6	5	3	34.69	34
317	PA	Male	8	9	11	8	43.34	45.86
318	PA	Male	7	4	5	2	38.15	26.81
319	PA	Male	4	4	3	3	27.19	27.19
320	PA	Male	4	5	3	6	27.19	31.81
321	PA	Male	7	8	8	1	39.19	40.19
322	PA	Male	6	6	3	3	34	34
323	PA	Female	7	9	6	1	38.5	43.65
324	PA	Male	6	6	5	9	34.69	36.07
325	PA	Male	6	6	5	9	34.69	36.07
326	PA	Female	6	8	5	3	34.69	40.82
327	PA	Male	6	7	4	5	34.34	38.15
328	PA	Male	4	6	1	2	26.42	33.65
329	PA	Female	3	4	5	3	24.74	27.19
330	PA	Female	4	3	1	5	26.42	24.74
331	PA	Female	2	3	8	3	22.58	23.88
332	PA	Female	4	6	9	1	29.5	33.31
333	PA	Female	4	5	5	2	27.96	30.27
334	PA	Female	1	5	2	2	16.65	30.27
335	PA	Female	5	5	4	2	31.04	30.27
336	PA	Female	4	4	9	9	29.5	29.5
337	PA	Female	5	5	4	4	31.04	31.04
338	PA	Female	4	4	1	4	26.42	27.58
339	PA	Female	4	4	4	4	27.58	27.58
340	PA	Female	5	5	2	2	30.27	30.27
341	PA	Female	2	4	1	3	19.55	27.19
342	PA	Female	7	7	4	5	37.8	38.15
343	PA	Female	3	4	3	3	23.88	27.19

s.no	YOGA IPA0	sexMALE1F EMALE0	LEVEL pre_1	LEVELp ost_1	ROUND pre_1	ROUND post_1	VO2p re_1	VO2p ost_1
344	PA	Female	7	7	1	9	36.77	39.53
345	PA	Female	2	2	3	3	20.42	20.42
346	PA	Male	4.97	5.42	4.67	4.55	31.15	32.7
347	PA	Female	4.97	5.42	4.67	4.55	31.15	32.7
348	PA	Male	4.97	5.42	4.67	4.55	31.15	32.7
349	PA	Male	4.97	5.42	4.67	4.55	31.15	32.7
350	PA	Male	4	2	7	1	28.73	19.55
351	PA	Female	4.97	5.42	4.67	4.55	31.15	32.7
352	PA	Female	6	6	7	7	35.38	35.38
196	PA	Male	8	9	8	3	42.4	44.28
198	PA	Male	8	9	9	11	42.71	46.8
200	PA	Male	6	7	9	3	36.07	37.46
202	PA	Male	7	6	1	4	36.77	34.34
203	PA	Male	3	4	5	5	24.74	27.96
204	PA	Male	4.97	5.42	4.67	4.55	31.15	32.7
205	PA	Female	4	6	9	2	29.5	33.65
206	PA	Male	8	8	4	3	41.14	40.82
207	PA	Male	5	5	1	3	29.88	30.65
208	PA	Male	7	7	3	6	37.46	38.5
209	PA	Female	4	5	7	4	28.73	31.04
210	PA	Male	8	5.42	5	4.55	41.45	32.7
211	PA	Male	6	6	6	5	35.04	34.69
212	PA	Male	6	5.42	3	4.55	34	32.7
213	PA	Male	4	6	7	1	28.73	33.31
214	PA	Male	9	9	2	10	43.97	46.49
215	PA	Male	4	3	5	7	27.96	25.61
216	PA	Female	3	4	4	5	24.31	27.96
217	PA	Male	7	6	7	1	38.84	33.31
218	PA	Female	3	5.42	2	4.55	23.45	32.7
219	PA	Female	6	6	4	3	34.34	34
220	PA	Female	3	3	5	3	24.74	23.88
221	PA	Female	4	3	7	5	28.73	24.74
222	PA	Female	3	3	3	1	23.88	23.01
223	PA	Female	3	2	1	5	23.01	21.28
224	PA	Female	5	5	1	6	29.88	31.81
225	PA	Female	6	6	8	7	35.73	35.38
226	PA	Male	4	5	7	4	28.73	31.04
227	PA	Female	4	3	1	3	26.42	23.88

s.no	YOGA 1PA0	sexMALE1F EMALE0	LEVEL pre_1	LEVELp ost_1	ROUND pre_1	ROUND post_1	VO2p re_1	VO2p ost_1
228	PA	Male	2	2	5	7	21.28	22.15
229	PA	Female	3	2	4	5	24.31	21.28
230	PA	Female	3	3	3	5	23.88	24.7
231	PA	Female	4	3	7	8	28.73	26.04
232	PA	Female	3	4	3	7	23.88	28.73
233	PA	Female	6	6	3	2	34	33.65
731	PA	Male	4.97	5.42	4.67	4.55	31.15	32.7
733	PA	Female	3	4	6	2	25.17	26.81
735	PA	Female	6	6	1	7	33.31	35.38
737	PA	Female	3	5	8	3	26.04	30.65
739	PA	Female	4	5	1	6	26.42	31.81
741	PA	Female	7	7	5	7	38.15	38.84
743	PA	Female	7	7	2	8	37.11	39.19
745	PA	Female	4	5	3	6	27.19	31.81
747	PA	Male	8	8	5	8	41.45	42.4
749	PA	Female	8	8	5	7	41.45	42.08
751	PA	Male	9	9	8	3	45.86	44.28
753	PA	Female	6	6	3	6	34	35.04
755	PA	Female	3	4	8	7	26.04	28.73
757	PA	Male	8	8	9	8	42.71	42.4
759	PA	Male	8	8	3	6	40.82	41.77
761	PA	Male	4	5	3	2	27.19	30.27
763	PA	Female	6	7	7	7	35.38	38.84
765	PA	Female	4	6	7	3	28.73	34
767	PA	Male	8	9	11	1	43.34	43.65
769	PA	Male	7	7	10	9	39.88	39.53
771	PA	Male	8	8	3	7	40.82	42.08
773	PA	Female	5	6	6	6	31.81	35.04
775	PA	Male	8	8	11	9	43.34	42.71
777	PA	Male	6	7	7	4	35.38	37.8
779	PA	Female	4	5	7	2	28.73	30.27
781	PA	Male	6	6	2	6	33.65	35.04
783	PA	Male	8	8	5	9	41.45	42.71
785	PA	Male	5	6	8	6	32.58	35.04
787	PA	Male	8	8	3	5	40.82	41.45
789	PA	Female	6	8	3	8	34	42.4

s.no	YOGA IPA0	sexMALE1F EMALE0	LEVEL pre_1	LEVELp ost_1	ROUND pre_1	ROUND post_1	VO2p re_1	VO2p ost_1
791	PA	Male	9	4	1	7	43.65	28.73
793	PA	Male	9	9	6	7	45.23	45.54
795	PA	Female	5	5	4	5	31.04	31.42
797	PA	Male	7	7	3	6	37.46	38.5
798	PA	Male	7	7	3	5	37.46	38.15
799	PA	Male	7	7	2	7	37.11	38.84
800	PA	Female	5	5	4	5	31.04	31.42
801	PA	Male	8	8	5	8	41.45	42.4
802	PA	Female	4	6	8	3	29.12	34
234	PA	Male	3	3	1	4	23.01	24.31
235	PA	Male	8	9	4	1	41.14	43.65
236	PA	Male	4	4	1	5	26.42	27.96
237	PA	Male	7	8	8	1	39.19	40.19
238	PA	Male	5	5	2	5	30.27	31.42
239	PA	Male	6	6	3	5	34	34.69
240	PA	Male	5	6	2	2	30.27	33.65
241	PA	Male	8	9	3	1	40.82	43.65
242	PA	Male	5	6	9	3	32.96	34
244	PA	Male	6	7	9	1	36.07	36.77
246	PA	Male	3	4	7	2	25.61	26.81
248	PA	Male	5	5	9	9	32.96	32.96
250	PA	Male	6	6	2	4	33.65	34.34
252	PA	Male	2	3	8	4	22.58	24.31
254	PA	Male	6	6	10	10	36.42	36.42

s.no	YOGA IPA0	Sex MALE1 FEMALE 0	LEVE L pre_1	LEVE L post_1	ROUN D pre_1	ROUN D post_1	VO2 pre_1	VO2post_ 1
256	PA	Male	5	5	3	7	30.65	32.19
258	PA	Male	3	6	2	3	23.45	34
260	PA	Male	6	6	5	6	34.69	35.04
262	PA	Male	6	7	9	1	36.07	36.77
264	PA	Male	7	7	1	4	36.77	37.8
266	PA	Male	2	4	3	1	20.42	26.42
268	PA	Male	4	4	5	6	27.96	28.35
270	PA	Male	8	8	2	5	40.51	41.45
272	PA	Male	5	6	8	1	32.58	33.31
274	PA	Female	4.97	5.42	4.67	4.55	31.15	32.7
276	PA	Female	2	2	6	6	21.72	21.72
278	PA	Female	4.97	5.42	4.67	4.55	31.15	32.7
280	PA	Female	3	4	8	1	26.04	26.42

282	PA	Female	3	4	5	2	24.74	26.8
284	PA	Female	5	5	5	7	31.42	32.2
286	PA	Female	4	5	6	1	28.35	29.9
288	PA	Female	4	5	8	3	29.12	30.65
290	PA	Male	3	3	1	3	23.01	23.88
292	PA	Female	3	3	7	7	25.61	25.61
294	PA	Male	3	4	1	5	23.01	27.96
296	PA	Female	4	4	1	4	26.42	27.58
298	PA	Female	6	6	5	8	34.69	35.73
300	PA	Female	4	5	9	4	29.5	31.04
302	PA	Female	4	5	1	1	26.42	29.88
304	PA	Female	2	3	2	2	19.99	23.45
1	PA	Male	6	7	9	1	36.07	36.77
2	PA	Male	8	9	7	10	42.08	46.49
3	PA	Male	6	7	2	2	33.65	37.11
4	PA	Male	5	6	2	5	30.27	34.69
5	PA	Male	3	4	5	9	24.74	29.5
6	PA	Male	6	6	2	1	33.65	33.31
7	PA	Male	6	5	3	6	34	31.81
8	PA	Male	4	6	8	4	29.12	34.34
9	PA	Male	5	6	6	3	31.81	34
10	PA	Male	6	7	7	6	35.38	38.5
11	PA	Male	6	7	10	3	36.42	37.46
12	PA	Male	3	5	4	9	24.31	32.96
13	PA	Male	7	7	3	4	37.46	37.8
14	PA	Male	4.97	5.42	4.67	4.55	31.15	32.7
15	PA	Male	5	7	8	3	32.58	37.46
16	PA	Male	6	2	3	3	34	20.42
17	PA	Male	3	5	1	6	23.01	31.81
18	PA	Male	4	6	6	1	28.35	33.31
19	PA	Male	3	5	2	4	23.45	31.04
20	PA	Male	6	6	3	3	34	34
21	PA	Male	6	7	3	1	34	36.77
22	PA	Male	7	6	1	5	36.77	34.69
23	PA	Male	8	8	4	5	41.14	41.45
24	PA	Male	7	7	8	7	39.19	38.84
25	PA	Male	7	9	8	2	39.19	43.97
26	PA	Male	6	6	5	1	34.69	33.31
27	PA	Female	4	4	9	9	29.5	29.5
28	PA	Female	3	4	5	2	24.74	26.81
29	PA	Female	4	3	2	7	26.81	25.61
30	PA	Female	3	3	3	3	23.88	23.88
31	PA	Female	4	3	5	7	27.96	25.61
32	PA	Female	4.97	5	4.67	2	31.15	30.27
33	PA	Female	5	5	8	9	32.58	32.96
34	PA	Female	5	6	4	1	31.04	33.31

35	PA	Female	3	4	7	2	25.61	26.81
36	PA	Female	4.97	5	4.67	6	31.15	31.81
37	PA	Female	3	4	4	2	24.31	26.81
38	PA	Female	4.97	5.42	4.67	4.55	31.15	32.7
39	PA	Female	3	4	2	3	23.45	27.19
40	PA	Male	4	4	5	3	27.96	27.19
41	PA	Female	4	5	8	6	29.12	31.81
82	PA	Female	4	4	2	7	26.81	28.73
84	PA	Male	6	5	3	6	34	31.81
85	PA	Female	4	4	1	7	26.42	28.73
86	PA	Male	4.97	5.42	4.67	4.55	31.15	32.7
87	PA	Male	3	6	8	3	26.04	34
88	PA	Female	4	5	2	4	26.81	31.04
89	PA	Male	6	7	5	5	34.69	38.15
90	PA	Female	3	4	7	7	25.61	28.73
91	PA	Female	4	4	2	3	26.81	27.19
92	PA	Male	4	7	9	5	29.5	38.15
93	PA	Female	4.97	5.42	4.67	4.55	31.15	32.7
94	PA	Male	3	4	2	7	23.45	28.73
95	PA	Male	4	5	8	2	29.12	30.27
96	PA	Female	3	4	2	1	23.45	26.42
97	PA	Female	3	5	6	3	25.17	30.65
98	PA	Male	4	7	9	4	29.5	37.8
99	PA	Male	4	3	4	4	27.58	24.31
100	PA	Female	3	4	7	3	25.61	27.19
101	PA	Female	3	4	7	3	25.61	27.19
102	PA	Male	3	4	6	9	25.17	29.5
103	PA	Male	4	7	5	3	27.96	37.46
104	PA	Female	4	4	9	7	29.5	28.73

s.no	YOGA1 PA0	Sex MALE1 FEMAL E0	LEVELp re_1	LEVELp ost_1	ROUND pre_1	ROUNDp ost_1	VO2pr e_1	VO2po st_1
105	PA	Female	4	4	5	6	27.96	28.35
106	PA	Male	3	5	6	8	25.17	32.58
107	PA	Female	4	6	9	2	29.5	33.65
108	PA	Male	3	4	5	2	24.74	26.81
109	PA	Female	4	5	1	6	26.42	31.81
110	PA	Male	3	6	4	10	24.31	36.42
111	PA	Female	3	4	5	3	24.74	27.19
112	PA	Male	3	4	5	1	24.74	26.42
113	PA	Male	3	6	5	7	24.74	35.38
114	PA	Male	3	8	4	3	24.31	40.82
115	PA	Male	5	7	7	5	32.19	38.15
116	PA	Male	3	5	1	3	23.01	30.65

117	PA	Male	3	6	3	3	23.88	34
118	PA	Male	8	4	2	4.55	40.51	54.7
559	Yoga	Male	7	7	9	3	39.53	37.46
560	Yoga	Female	5	5.42	5	4.55	31.42	32.7
561	Yoga	Female	6	6	3	5	34	34.69
562	Yoga	Male	6	6	1	3	33.31	34
563	Yoga	Female	4.97	5.42	4.67	4.55	31.15	32.7
564	Yoga	Female	3	3	5	5	24.74	24.74
565	Yoga	Female	6	6	3	3	34	34
566	Yoga	Female	7	7	3	3	37.46	37.46
567	Yoga	Male	5	5	6	6	31.81	31.81
568	Yoga	Female	5	4	2	9	30.27	29.5
569	Yoga	Male	8	7	8	9	42.4	39.53
570	Yoga	Female	4	4	9	3	29.5	27.19
571	Yoga	Female	4	4	7	3	28.73	27.19
572	Yoga	Male	6	6	7	7	35.38	35.38
573	Yoga	Male	7	6	3	5	37.46	34.69
574	Yoga	Female	4	4	5	1	27.96	26.42
575	Yoga	Male	6	5	3	2	34	30.27
576	Yoga	Female	4	4	5	3	27.96	27.19
577	Yoga	Male	7	6	3	7	37.46	35.38
578	Yoga	Male	6	6	3	3	34	34
579	Yoga	Male	6	6	9	5	36.07	34.69
580	Yoga	Female	5	4	5	5	31.42	27.96
581	Yoga	Male	6	6	1	3	33.31	34
582	Yoga	Male	7	5.42	1	4.55	36.77	32.7

s.no	YOGA1PA 0	Sex MALE1 FEMALE0	LEVE L pre_1	LEVEL post_1	ROUN D pre_1	ROUND post_1	VO2 pre_1	VO2 post_1
583	Yoga	Male	7	3	1	5	36.77	24.74
584	Yoga	Female	9	8	8	11	45.86	43.34
585	Yoga	Female	3	4	3	1	23.88	26.42
586	Yoga	Female	3	4	3	9	23.88	29.5
587	Yoga	Male	8	7	7	9	42.08	39.53
588	Yoga	Male	3	3	2	5	23.45	24.74
589	Yoga	Female	5	4	6	1	31.81	26.42
590	Yoga	Female	3	5.42	4	4.55	24.31	32.7
591	Yoga	Female	4	4	5	4	27.96	27.58
592	Yoga	Male	6	5	7	4	35.38	31.04
593	Yoga	Male	8	7	3	1	40.82	36.77
594	Yoga	Female	7	4	10	7	39.88	28.73
595	Yoga	Female	4	4	2	5	26.81	27.96
596	Yoga	Female	3	5.42	5	4.55	24.74	32.7
597	Yoga	Male	6	6	4	5	34.34	34.69

598	Yoga	Female	4.97	5.42	4.67	4.55	31.15	32.7
353	Yoga	Female	3	6	3	1	23.88	33.31
354	Yoga	Male	8	8	5	8	41.45	42.4
355	Yoga	Female	6	7	3	2	34	37.11
356	Yoga	Male	8	8	5	6	41.45	41.77
357	Yoga	Male	6	6	4	6	34.34	35.04
358	Yoga	Female	6	6	3	4	34	34.34
359	Yoga	Female	7	7	2	5	37.11	38.15
360	Yoga	Female	5	6	8	3	32.58	34
361	Yoga	Male	6	7	9	3	36.07	37.46
362	Yoga	Female	7	7	9	2	39.53	37.11
363	Yoga	Female	4	5	3	4	27.19	31.04
364	Yoga	Male	6	6	9	9	36.07	36.07
365	Yoga	Male	6	6	3	3	34	34
366	Yoga	Male	5	5	6	6	31.81	31.81
367	Yoga	Female	3	4	1	5	23.01	27.96
368	Yoga	Female	4	5	5	3	27.96	30.65
369	Yoga	Female	4	4	5	2	27.96	26.81
370	Yoga	Male	8	7	7	9	42.08	39.53
371	Yoga	Female	6	4	3	3	34	27.19
372	Yoga	Male	6	6	4	5	34.34	34.69
373	Yoga	9999	4	4	1	2	26.42	26.81
374	Yoga	Male	7	7	3	7	37.46	38.84
375	Yoga	Female	6	7	2	5	33.65	38.15
376	Yoga	Female	6	5	7	4	35.38	31.04
377	Yoga	Female	4	4	4	7	27.58	28.73
378	Yoga	Male	8	8	1	7	40.19	42.08
379	Yoga	Male	7	7	1	5	36.77	38.15
380	Yoga	Male	7	8	7	2	38.84	40.51
381	Yoga	Female	6	5	3	2	34	30.27
382	Yoga	Male	7	8	7	3	38.84	40.82
383	Yoga	Female	8	8	1	2	40.19	40.51
384	Yoga	Female	3	6	5	5	24.74	34.69
385	Yoga	Male	6	6	5	5	34.69	34.69
386	Yoga	Female	5	5	4	4	31.04	31.04
387	Yoga	Female	5	5	4	5	31.04	31.42
388	Yoga	Female	7	7	8	7	39.19	38.84
389	Yoga	Male	8	8	6	6	41.77	41.77
390	Yoga	Male	6	7	3	2	34	37.11
391	Yoga	Female	5	6	8	4	32.58	34.34
392	Yoga	Male	8	8	5	6	41.45	41.77
393	Yoga	Female	3	5	5	1	24.74	29.88
394	Yoga	Male	2	4	3	4	20.42	27.58
396	Yoga	Male	8	8	1	2	40.19	40.51
437	Yoga	Male	8	8	3	3	40.82	40.82
438	Yoga	Female	8	8	7	9	42.08	42.71

439	Yoga	Male	4.97	8	4.67	7	31.15	42.08
440	Yoga	Female	7	7	3	3	37.46	37.46
441	Yoga	Male	7	7	9	9	39.53	39.53
442	Yoga	Female	3	3	5	5	24.74	24.74
443	Yoga	Male	6	6	8	3	35.73	34

s.no	YOGA 1PA0	Sex MALE1 FEMALE0	LEVEL pre_1	LEVEL post_1	ROUND pre_1	ROUND post_1	VO2 pre_1	VO2 post_1
444	Yoga	Female	5	5	1	1	29.88	29.88
445	Yoga	Female	4	4	6	6	28.35	28.35
446	Yoga	Male	5	5	1	3	29.88	30.65
447	Yoga	Female	4	4	1	1	26.42	26.42
448	Yoga	Male	6	6	4	4	34.34	34.34
449	Yoga	Female	4	4	5	5	27.96	27.96
450	Yoga	Female	8	8	4	4	41.14	41.14
451	Yoga	Female	8	8	9	9	42.71	42.71
452	Yoga	Female	6	6	9	9	36.07	36.07
453	Yoga	Female	3	3	1	1	23.01	23.01
454	Yoga	Male	4	4	3	7	27.19	28.73
455	Yoga	Female	4	4	5	5	27.96	27.96
456	Yoga	Female	5	5	6	6	31.81	31.81
457	Yoga	Female	7	7	1	1	36.77	36.77
458	Yoga	Female	4	4	9	9	29.5	29.5
459	Yoga	Female	5	5	2	7	30.27	32.19
460	Yoga	Female	4	4	8	8	29.12	29.12
461	Yoga	Male	4	1	4	4.55	27.58	15.66
462	Yoga	Female	5	5	6	6	31.81	31.81
463	Yoga	Male	7	7	5	5	38.15	38.15
464	Yoga	Male	8	8	8	8	42.4	42.4
465	Yoga	Male	6	6	9	9	36.07	36.07
466	Yoga	Male	7	7	1	1	36.77	36.77
467	Yoga	Female	3	3	1	1	23.01	23.01
468	Yoga	Female	4	4	5	5	27.96	27.96
469	Yoga	Male	9	9	3	3	44.28	44.28
470	Yoga	Male	9	9	3	3	44.28	44.28
471	Yoga	Male	6	6	9	9	36.07	36.07
473	Yoga	Female	5	5	7	7	32.19	32.19
475	Yoga	Male	7	7	1	1	36.77	36.77
477	Yoga	Female	3	3	1	1	23.01	23.01
479	Yoga	Female	4	9	8	2	29.12	43.97
481	Yoga	Male	9	5.42	2	4.55	43.97	32.7
608	Yoga	Male	4.97	5.42	4.67	4.55	31.15	32.7
610	Yoga	Female	7	4	4	3	37.8	27.19
612	Yoga	Female	3	2	6	5	25.17	21.28
614	Yoga	Female	3	4	3	5	23.88	27.96
616	Yoga	Female	4	4	1	7	26.42	28.73

618	Yoga	Female	4	2	1	6	26.42	21.72
620	Yoga	Male	5	6	8	2	32.58	33.65
622	Yoga	Male	7	7	5	7	38.15	38.84
624	Yoga	Male	4.97	5.42	4.67	4.55	31.15	32.7
626	Yoga	Male	7	7	1	8	36.77	39.19
628	Yoga	Male	8	9	10	1	43.03	43.65

s.no	YOGA1PA 0	Sex MALE1 FEMALE0	LEVE L pre_1	LEVE L post_1	ROUN D pre_1	ROUND post_1	VO2 pre_1	VO2 post_ 1
630	Yoga	Male	8	8	8	9	42.4	42.71
632	Yoga	Female	3	4	6	5	25.17	27.96
634	Yoga	Female	3	2	5	2	24.74	19.99
636	Yoga	Female	4	2	2	2	26.81	19.99
638	Yoga	Female	4.97	5.42	4.67	4.55	31.15	32.7
640	Yoga	Male	4	5.42	7	4.55	28.73	32.7
642	Yoga	Female	3	5.42	7	4.55	25.61	32.7
644	Yoga	Female	4	4	5	1	27.96	26.42
646	Yoga	Female	6	7	10	4	36.42	37.8
648	Yoga	Male	7	7	7	8	38.84	39.19
650	Yoga	Male	6	7	7	4	35.38	37.8
652	Yoga	Male	8	8	5	7	41.45	42.08
654	Yoga	Male	7	7	7	8	38.84	39.19
656	Yoga	Male	4	5	9	7	29.5	32.19
658	Yoga	Female	3	2	5	3	24.74	20.42
660	Yoga	Female	5	6	2	4	30.27	34.34
662	Yoga	Male	6	7	10	7	36.42	38.84
664	Yoga	Male	4	5	7	8	28.73	32.58
666	Yoga	Female	3	5	4	1	24.31	29.88
668	Yoga	Female	3	5	1	4	23.01	31.04
670	Yoga	Female	5	4	6	5	31.81	27.96
671	Yoga	Female	5	3	9	1	32.96	23.01
672	Yoga	Female	2	2	6	2	21.72	19.99
673	Yoga	Male	5	5.42	8	4.55	32.58	32.7
674	Yoga	Female	2	5.42	6	4.55	21.72	32.7
675	Yoga	Female	3	5.42	1	4.55	23.01	32.7
676	Yoga	Female	3	5.42	3	4.55	23.88	32.7
677	Yoga	Female	4	3	3	4	27.19	24.31
678	Yoga	Female	4	3	2	1	26.81	23.01
710	Yoga	Female	5	5	5	7	31.42	32.19
712	Yoga	Female	3	2	3	7	23.88	22.15
714	Yoga	Male	4	6	6	3	31.15	34
716	Yoga	Female	3	4	5	3	24.74	27.19
718	Yoga	Female	3	4	8	3	26.04	27.19
720	Yoga	Female	3	4	3	4	23.88	27.58
722	Yoga	Female	3	4	2	7	23.45	28.7

s.no	YOGA1PA 0	Sex MALE 1FEMALE0	LEVE L pre_1	LEVE L post_1	ROUN D pre_1	ROUND post_1	VO2 pre_1	VO2 post_ 1
724	Yoga	Female	4	4	3	9	27.19	29.5
726	Yoga	Female	4	4	4	9	27.58	29.5
728	Yoga	Female	2	4	7	1	22.15	26.42
730	Yoga	Female	3	3	2	5	23.45	24.74
732	Yoga	Female	3	3	2	5	23.45	24.74
734	Yoga	Female	4	6	5	3	27.96	34
736	Yoga	Female	4	4	4	9	27.58	29.5
738	Yoga	Female	3	3	5	1	24.74	23.01
740	Yoga	Female	3	4	4	7	24.31	28.73
742	Yoga	Female	3	3	4	1	24.31	23.01
744	Yoga	Female	3	3	1	3	23.01	23.88
746	Yoga	Female	3	3	7	1	25.61	23.01
748	Yoga	Female	3	3	3	7	23.88	25.61
750	Yoga	Female	2	4	5	1	21.28	26.42
752	Yoga	Female	4	4	3	3	27.19	27.19
754	Yoga	Male	7	8	3	9	37.46	42.71
756	Yoga	Male	7	8	6	8	38.5	42.4
758	Yoga	Female	3	5	5	4	24.74	31
760	Yoga	Female	7	8	5	6	38.15	41.8
762	Yoga	Male	8	8	5	8	41.45	42.4
764	Yoga	Female	3	3	4	3	24.31	23.88
766	Yoga	Male	4	4	9	7	29.5	28.73
768	Yoga	Male	8	8	6	8	41.77	42.4
770	Yoga	Male	4.97	5	4.67	4	31.15	31.04
772	Yoga	Male	6	8	5	1	34.69	40.19
774	Yoga	Male	7	7	1	5	36.77	38.15
776	Yoga	Male	7	6	6	5	38.5	34.69
778	Yoga	Male	8	8	5	8	41.45	42.4
780	Yoga	Female	3	5	5	4	24.74	31.04
782	Yoga	Female	3	6	8	1	26.04	33.31
784	Yoga	Female	4	6	9	9	29.5	36.07
786	Yoga	Female	4	5	8	8	29.12	32.58
788	Yoga	Male	6	5	3	5	34	31.42
790	Yoga	Male	8	9	11	3	43.34	44.28
792	Yoga	Male	9	9	6	3	45.23	44.28
794	Yoga	Male	8	7	2	7	40.51	38.84

s.no	YOGA1PA 0	Sex MALE1 FEMALE0	LEVE L pre_1	LEVE L post_1	ROUN D pre_1	ROUND post_1	VO2 pre_1	VO2 post_ 1
796	Yoga	Male	7	7	4	4	37.8	37.8
515	Yoga	Male	4.97	5.42	4.67	4.55	31.15	32.7
516	Yoga	Male	6	7	2	5	33.65	38.15
517	Yoga	Male	6	6	5	9	34.69	36.07
518	Yoga	Female	3	3	3	3	23.88	23.88
519	Yoga	Male	5	5	2	2	30.27	30.27
520	Yoga	Male	6	8	3	6	34	41.8
521	Yoga	Male	8	8	3	3	40.82	40.82
522	Yoga	Male	5	6	4	10	31	36.42
523	Yoga	Female	4	4	9	4	29.5	27.58
524	Yoga	Male	6	6	1	10	33.31	36.42
525	Yoga	Female	5	4	8	7	32.58	28.73
526	Yoga	Female	4	4	1	3	26.42	27.19
527	Yoga	Male	4	4	2	3	26.8	27.19
528	Yoga	Male	6	8	8	5	35.73	41.45
529	Yoga	Female	3	3	3	3	23.88	23.88
530	Yoga	Male	6	8	8	3	35.73	40.82
531	Yoga	Male	4	3	2	6	26.81	25.17
532	Yoga	Female	6	6	1	7	33.31	35.38
533	Yoga	Male	5	4	3	5	30.65	27.96
534	Yoga	Female	3	3	5	3	24.74	23.88
535	Yoga	Female	3	4	8	3	26.04	27.19
536	Yoga	Male	4	6	3	2	27.19	33.65
537	Yoga	Male	6	7	4	7	34.34	38.84
538	Yoga	Female	3	3	7	3	25.61	23.88
539	Yoga	Female	4.97	2	4.67	6	31.15	21.72
540	Yoga	Male	6	6	2	9	33.65	36.1
541	Yoga	Female	3	4	6	5	25.17	27.96
542	Yoga	Female	6	4	3	5	34	27.96
543	Yoga	Female	4	3	2	3	26.81	23.88
544	Yoga	Female	2	2	6	8	21.7	22.58
545	Yoga	Male	6	6	5	1	34.69	33.31
546	Yoga	Male	5	3	4	7	31.04	25.61
547	Yoga	Male	6	8	1	8	33.3	42.4
548	Yoga	Female	5	5	4	4	31.04	31.04
549	Yoga	Male	6	6	4	3	34.34	34

s.no	YOGA1PA 0	sex MALE1 FEMALE0	LEVE L pre_1	LEVE L post_1	ROUN D pre_1	ROUND post_1	VO2 pre_1	VO2 post_ 1
550	Yoga	Female	3	3	5	3	24.74	23.88
551	Yoga	Female	4	4	3	4	27.19	27.58
552	Yoga	Female	3	3	5	1	24.74	23.01
553	Yoga	Male	7	8	3	8	37.46	42.4
554	Yoga	Female	3	3	5	8	24.74	26.04
555	Yoga	Male	2	4	3	1	20.42	26.4
556	Yoga	Male	3	3	4	7	24.31	25.61
557	Yoga	Male	4	4	9	9	29.5	29.5
558	Yoga	Male	3	4	4	7	24.31	28.73
679	Yoga	Male	7	7	4	7	37.8	38.84
680	Yoga	Male	9	9	2	4	43.97	44.6
681	Yoga	Male	4.97	5.42	4.67	4.55	31.15	32.7
682	Yoga	Female	5	6	6	4	31.81	34.34
683	Yoga	Male	4.97	5.42	4.67	4.55	31.15	32.7
684	Yoga	Male	4.97	5.42	4.67	4.55	31.15	32.7
685	Yoga	Male	3	4	6	6	25.17	28.35
686	Yoga	Male	8	8	3	8	40.82	42.4
687	Yoga	Male	3	5	7	7	25.61	32.19
688	Yoga	Male	4.97	5.42	4.67	4.55	31.15	32.7
689	Yoga	Male	6	7	6	6	35.04	38.5
690	Yoga	Male	4	5	4	3	27.58	30.65
691	Yoga	Female	6	7	5	3	34.69	37.46
692	Yoga	Male	7	8	9	4	39.53	41.14
693	Yoga	Male	5	6	7	7	32.19	35.38
694	Yoga	Female	6	6	1	4	33.31	34.34
695	Yoga	Female	3	4	6	4	25.17	27.58
696	Yoga	Female	5	6	2	1	30.27	33.31
697	Yoga	Female	4	5	1	7	26.42	32.19
698	Yoga	Female	4	5	7	6	28.73	31.81
699	Yoga	Female	5	5	4	6	31.04	31.81
700	Yoga	Female	6	6	3	6	34	35.04
701	Yoga	Female	7	7	4	5	37.8	38.15
702	Yoga	Female	6	6	1	5	33.31	34.69
703	Yoga	Female	4.97	5.42	4.67	4.55	31.15	32.7
704	Yoga	Male	5	5	2	8	30.27	32.58
705	Yoga	Female	4	5	7	8	28.73	32.58
706	Yoga	Female	3	4	8	4	26.04	27.58
707	Yoga	Female	4.97	5.42	4.67	4.55	31.15	32.7
708	Yoga	Female	4	4	1	9	26.42	29.5
709	Yoga	Female	4	4	1	6	26.42	28.35

s.no	YOGA1 PA0	Sex MALE1 FEMALE0	LEVEL pre_1	LEVEL post_1	ROUND pre_1	ROUND post_1	VO2 pre_1	VO2 post_1
711	Yoga	Female	5	5	3	6	30.65	31.81
713	Yoga	Female	5	6	3	7	30.65	35.38
715	Yoga	Female	4	6	1	2	26.42	33.65
717	Yoga	Male	3	6	5	5	24.74	34.69
719	Yoga	Female	5	6	2	4	30.27	34.34
721	Yoga	Female	5	6	3	1	30.65	33.31
723	Yoga	Female	3	5	3	5	23.88	31.42
725	Yoga	Female	3	5	3	1	23.88	29.88
727	Yoga	Female	4	5	5	5	27.96	31.42
729	Yoga	Female	4	4	5	5	27.96	27.96
599	Yoga	Male	5	6	6	3	31.81	34
600	Yoga	Male	7	7	1	7	36.77	38.84
601	Yoga	Male	8	9	5	3	41.45	44.28
602	Yoga	Male	8	9	5	2	41.45	43.97
603	Yoga	Male	5	6	2	4	30.27	34.34
604	Yoga	Male	8	9	5	4	41.45	44.6
605	Yoga	Male	8	9	7	2	42.08	43.97
606	Yoga	Male	6	8	7	7	35.38	42.08
607	Yoga	Male	7	7	1	8	36.77	39.19
609	Yoga	Male	4.97	5.42	4.67	4.55	31.15	32.7
611	Yoga	Male	4.97	5.42	4.67	4.55	31.15	32.7
613	Yoga	Male	5	7	4	4	31.04	37.8
615	Yoga	Female	4.97	5.42	4.67	4.55	31.15	32.7
617	Yoga	Male	5	7	4	7	31.04	38.84
619	Yoga	Male	7	7	1	7	36.77	38.84
621	Yoga	Male	4	7	3	4	27.19	37.8
623	Yoga	Male	4.97	5.42	4.67	4.55	31.15	32.7
625	Yoga	Male	4	6	3	6	27.19	35.04
627	Yoga	Male	6	7	7	7	35.38	38.84
629	Yoga	Male	6	6	5	8	34.69	35.73
631	Yoga	Male	4.97	5.42	4.67	4.55	31.15	32.7
633	Yoga	Female	5	7	2	2	30.27	37.11
635	Yoga	Female	4	6	1	4	26.42	34.34
637	Yoga	Female	4	7	9	3	29.5	37.46

s.no	YOGA1 PA0	Sex MALE1 FEMALE0	LEVEL pre_1	LEVEL post_1	ROUND pre_1	ROUND post_1	VO2 pre_1	VO2 post_1
639	Yoga	Female	4	5	5	5	27.96	31.42
641	Yoga	Female	3	6	7	1	25.61	33.31
643	Yoga	Female	2	4	7	1	22.15	26.42
645	Yoga	Female	5	6	7	2	32.19	33.65
647	Yoga	Female	5	7	8	1	32.58	36.77
649	Yoga	Female	6	8	4	4	34.34	41.14
651	Yoga	Female	5	6	2	1	30.27	33.31
653	Yoga	Female	4	5	2	8	26.81	32.58
655	Yoga	Female	4	7	3	3	27.19	37.46
657	Yoga	Female	4	6	9	3	29.5	34
659	Yoga	Female	2	5	1	5	19.55	31.42
661	Yoga	Female	4	7	3	3	27.19	37.46
663	Yoga	Female	4.97	5.42	4.67	4.55	31.15	32.7
665	Yoga	Female	6	7	5	5	34.69	38.15
667	Yoga	Female	4	6	3	6	27.19	35.04
669	Yoga	Female	6	7	5	5	34.69	38.15
395	Yoga	Male	8	8	9	11	42.71	43.34
397	Yoga	Male	6	6	5	9	34.69	36.07
398	Yoga	Male	4	6	8	4	29.12	34.34
399	Yoga	Male	5	6	4	7	31.04	35.38
400	Yoga	Male	5	6	4	3	31.04	34
401	Yoga	Female	7	9	1	1	36.77	43.65
402	Yoga	Male	5	8	5	5	31.42	41.45
403	Yoga	Male	6	8	4	10	34.34	43.03
404	Yoga	Male	6	7	3	5	34	38.15
405	Yoga	Male	7	8	2	1	37.11	40.19
406	Yoga	Male	6	7	3	1	34	36.77
407	Yoga	Male	6	8	3	5	34	41.45
408	Yoga	Male	6	8	9	9	36.07	42.71
409	Yoga	Male	7	9	10	9	39.88	46.17
410	Yoga	Male	3	4	2	2	23.45	26.81
411	Yoga	Male	5	6	6	5	31.81	34.69
412	Yoga	Male	4	6	9	3	29.5	34
413	Yoga	Male	3	4	5	3	24.74	27.19
414	Yoga	Male	7	8	4	3	37.8	40.82
415	Yoga	Male	7	7	3	2	37.46	37.11

s.no	YOGA 1 PA0	Sex MALE1 FEMALE0	LEVE L pre_1	LEVEL post_1	ROUND pre_1	ROUN D post_1	VO2 pre_1	VO2 post_1
416	Yoga	Male	3	4	3	1	23.88	26.42
417	Yoga	Male	6	7	5	2	34.69	37.11
418	Yoga	Male	7	7	4	8	37.8	39.19
419	Yoga	Male	7	8	4	5	37.8	41.45
420	Yoga	Male	6	8	3	1	34	40.19
421	Yoga	Female	3	4	5	7	24.74	28.73
422	Yoga	Female	5	6	9	2	32.96	33.65
423	Yoga	Male	3	4	3	3	23.88	27.19
424	Yoga	Female	3	5	1	2	23.01	30.27
425	Yoga	Female	5	4	2	5	30.27	27.96
426	Yoga	Female	2	3	8	5	22.58	24.74
427	Yoga	Female	5	6	6	1	31.81	33.31
428	Yoga	Female	1	5	6	4	18.63	31.04
429	Yoga	Female	3	4	5	3	24.74	27.19
430	Yoga	Female	3	4	5	3	24.74	27.19
431	Yoga	Female	2	4	6	1	21.72	26.42
432	Yoga	Female	4.97	5.42	4.67	4.55	31.15	32.7
433	Yoga	Female	4	4	3	1	27.19	26.42
434	Yoga	Female	4	5	3	2	27.19	30.27
435	Yoga	Female	3	3	6	3	25.17	23.88
436	Yoga	Female	3	4	6	2	25.17	26.81
472	Yoga	Female	4.97	5.42	4.67	4.55	31.15	32.7
474	Yoga	Male	4	6	1	3	26.42	34
476	Yoga	Male	4.97	5.42	4.67	4.55	31.15	32.7
478	Yoga	Female	4.97	5.42	4.67	4.55	31.15	32.7
480	Yoga	Male	4	6	1	2	26.42	33.7
482	Yoga	Female	3	5	5	8	24.74	32.58
483	Yoga	Male	4	6	8	6	29.12	35.04
484	Yoga	Female	4.97	5.42	4.67	4.55	31.15	32.7
485	Yoga	Male	6	8	6	1	35.04	40.19
486	Yoga	Female	4.97	5.42	4.67	4.55	31.15	32.7
487	Yoga	Male	4	6	5	7	27.96	35.38
488	Yoga	Male	3	6	3	5	23.88	34.69
489	Yoga	Female	4.97	5.42	4.67	4.55	31.15	32.7
490	Yoga	Male	8	8	4	4	41.14	41.14
491	Yoga	Female	3	3	1	5	23.01	24.74

s.no	YOGA 1PA0	sex MALE1 FEMALE0	LEVEL pre_1	LEVEL post_1	ROUND pre_1	ROUND post_1	VO2 pre_1	VO2 post_1
492	Yoga	Male	5	5	4	8	31.04	32.58
493	Yoga	Male	4	4	3	7	27.19	28.73
494	Yoga	Female	4.97	3	4.67	5	31.15	24.74
495	Yoga	Female	3	3	3	3	23.88	23.88
496	Yoga	Male	5	5	2	8	30.27	32.58
497	Yoga	Male	4	5	9	6	29.5	31.81
498	Yoga	Female	5	6	8	3	32.58	34
499	Yoga	Male	4	8	9	3	29.5	40.82
500	Yoga	Female	2	3	7	5	22.15	24.74
501	Yoga	Male	7	7	2	5	37.11	38.15
502	Yoga	Male	5	4	3	7	30.65	28.73
503	Yoga	Male	4.97	6	4.67	6	31.15	35.04
504	Yoga	Male	4.97	5.42	4.67	4.55	31.15	32.7
505	Yoga	Male	7	8	1	4	36.77	41.14
506	Yoga	Male	6	4	5	3	34.69	27.19
507	Yoga	Male	4	4	9	5	29.5	27.96
508	Yoga	Male	4	6	7	7	28.73	35.38
509	Yoga	Male	7	8	2	3	37.11	40.82
510	Yoga	Male	6	7	5	6	34.69	38.5
511	Yoga	Female	4.97	5.42	4.67	4.55	31.15	32.7
512	Yoga	Female	4.97	5.42	4.67	4.55	31.15	32.7
513	Yoga	Female	4.97	5.42	4.67	4.55	31.15	32.7
514	Yoga	Female	4	4	2	3	26.8	27.19

s.no	YOGA1 PA0	Sex MALE1 FEMALE0	MHR PRE_1	MHR POST_1	DISTANCE INM_1	PODISTA NCEI NM_1	METs pre_1	METs post_1
159	PA	Female	56.91	57.93	740.78	823.14	8.94	9.37
160	PA	Female	55.88	55.88	640	640	8.43	8.43
161	PA	Male	56.37	56.37	680	680	8.65	8.65
162	PA	Female	53.91	57.93	480	823.14	7.55	9.37
163	PA	Female	56.62	56.62	700	700	8.76	8.76
164	PA	Female	56.62	57.93	700	823.14	8.76	9.37
165	PA	Male	60.53	60.53	1040	1040	10.5	10.5
166	PA	Male	55.39	55.39	600	600	8.21	8.21
167	PA	Female	54.9	54.16	560	500	7.99	7.66
168	PA	Male	51.73	51.73	320	320	6.58	6.58
169	PA	Male	58.09	57.11	820	740	9.42	8.98
170	PA	Female	50.07	50.07	200	200	5.83	5.83
171	PA	Male	55.88	57.93	640	823.14	8.43	9.37
172	PA	Male	51.17	51.17	280	280	6.33	6.33
173	PA	Male	58.76	58.76	880	880	9.71	9.71
174	PA	Female	52.84	52.84	400	400	7.07	7.07
175	PA	Male	53.91	53.91	480	480	7.55	7.55
176	PA	Male	55.39	55.39	600	600	8.21	8.21
177	PA	Female	49.79	49.79	180	180	5.71	5.71
178	PA	Male	63.13	63.13	1280	1280	11.66	11.66
179	PA	Female	50.07	50.07	200	200	5.83	5.83
180	PA	Female	50.62	50.62	240	240	6.08	6.08
181	PA	Male	56.37	56.37	680	680	8.65	8.65
182	PA	Male	57.85	57.85	800	800	9.31	9.31
183	PA	Male	53.91	53.91	480	480	7.55	7.55
184	PA	Male	62.3	62.3	1200	1200	11.3	11.3
185	PA	Male	57.36	57.36	760	760	9.09	9.09
186	PA	Male	56.13	57.93	660	823.14	8.54	9.37
187	PA	Female	54.4	53.67	520	460	7.77	7.44
188	PA	Male	54.4	57.93	520	823.14	7.77	9.37
189	PA	Male	51.17	51.17	280	280	6.33	6.33
190	PA	Male	54.9	54.9	560	560	7.99	7.99
191	PA	Female	50.07	50.07	200	200	5.83	5.83
192	PA	Female	56.86	56.86	720	720	8.87	8.87
193	PA	Male	54.9	54.9	560	560	7.99	7.99
194	PA	Male	59.64	59.64	960	960	10.11	10.11
195	PA	Female	52	52	340	340	6.7	6.7
197	PA	Male	56.13	57.93	660	823.14	8.54	9.37
199	PA	Male	63.13	63.13	1280	1280	11.66	11.66

s.no	YOGA 1 PA0	Sex MALE1 FEMALE0	MHR PRE_ 1	MHR POST_ 1	DISTANC E INM_1	PODISTANC E INM_1	MET s pre_1	METs post_ 1
201	PA	Male	52.84	52.84	400	400	7.07	7.07
42	PA	Male	63.93	62.72	1360	1240	12.02	11.48
43	PA	Female	52.84	53.91	400	480	7.07	7.55
44	PA	Male	60.97	60.75	1080	1060	10.7	10.6
45	PA	Male	56.62	57.36	700	760	8.76	9.09
46	PA	Female	59.2	56.86	920	720	9.91	8.87
47	PA	Female	50.62	52	240	340	6.08	6.7
48	PA	Female	51.17	51.17	280	280	6.33	6.33
49	PA	Female	53.91	54.9	480	560	7.55	7.99
50	PA	Female	59.2	60.53	920	1040	9.91	10.5
51	PA	Female	55.88	53.91	640	480	8.43	7.55
52	PA	Female	51.17	51.73	280	320	6.33	6.58
53	PA	Male	57.85	58.32	800	840	9.31	9.52
54	PA	Male	61.86	62.08	1160	1180	11.1	11.2
55	PA	Female	53.39	53.39	440	440	7.32	7.32
56	PA	Male	60.97	60.75	1080	1060	10.7	10.6
57	PA	Female	54.9	53.39	560	440	7.99	7.32
58	PA	Female	52.84	53.91	400	480	7.07	7.55
59	PA	Male	60.97	61.19	1080	1100	10.7	10.8
60	PA	Male	60.97	60.97	1080	1080	10.7	10.7
61	PA	Female	53.91	55.88	480	640	7.55	8.43
62	PA	9999	56.37	56.86	680	720	8.65	8.87
63	PA	Female	60.53	61.42	1040	1120	10.5	10.9
64	PA	Female	53.91	54.65	480	540	7.55	7.88
65	PA	Female	53.39	53.39	440	440	7.32	7.32
66	PA	Male	60.97	60.75	1080	1060	10.7	10.6
67	PA	Male	54.4	54.65	520	540	7.77	7.88
68	PA	Male	57.85	58.32	800	840	9.31	9.52
69	PA	Male	65.95	62.72	1560	1240	12.92	11.48
70	PA	Male	60.97	60.53	1080	1040	10.7	10.5
71	PA	Male	53.91	54.65	480	540	7.55	7.88
72	PA	Female	52.56	52.28	380	360	6.95	6.82
73	PA	Male	59.2	59.42	920	940	9.91	10.01
74	PA	Female	52.84	52.84	400	400	7.07	7.07
75	PA	Female	59.64	58.32	960	840	10.11	9.52
76	PA	Female	66.35	62.72	1600	1240	13.1	11.48
77	PA	Male	56.13	62.72	660	1240	8.54	11.48
78	PA	Female	57.85	59.42	800	940	9.31	10.01

s.no	YOGA 1PA0	Sex MALE 1FEMALE0	MHR PRE_1	MHR POST_1	DISTANCE I NM_1	PODIST ANCE I NM_1	METs pre_1	METs post_1
79	PA	Male	66.15	63.53	1580	1320	13.01	11.84
80	PA	Female	58.54	58.76	860	880	9.61	9.71
81	PA	Male	60.53	60.97	1040	1080	10.5	10.7
83	PA	Male	56.86	57.36	720	760	8.87	9.09
119	PA	Male	56.91	57.93	740.78	823.14	8.94	9.37
120	PA	Male	61.64	61.64	1140	1140	11	11
121	PA	Male	63.53	65.54	1320	1520	11.84	12.74
122	PA	Male	63.93	63.93	1360	1360	12.02	12.02
123	PA	Male	51.17	51.17	280	280	6.33	6.33
124	PA	Male	60.97	56.86	1080	720	10.7	8.87
125	PA	Female	59.64	60.97	960	1080	10.11	10.7
126	PA	Male	58.09	57.85	820	800	9.42	9.31
127	PA	Female	51.45	58.09	300	820	6.45	9.42
128	PA	Male	50.9	51.45	260	300	6.2	6.45
129	PA	Male	58.09	58.32	820	840	9.42	9.52
130	PA	Female	60.75	56.37	1060	680	10.6	8.65
131	PA	Female	52.28	60.75	360	1060	6.82	10.6
132	PA	Female	52.56	52.28	380	360	6.95	6.82
133	PA	Female	58.32	57.93	840	823.14	9.52	9.37
134	PA	Female	52.28	58.32	360	840	6.82	9.52
135	PA	Female	55.39	52.28	600	360	8.21	6.82
136	PA	Female	54.9	55.39	560	600	7.99	8.21
137	PA	Male	61.64	54.9	1140	560	11	7.99
138	PA	Male	50.9	50.9	260	260	6.2	6.2
139	PA	Female	52.84	60.97	400	1080	7.07	10.7
140	PA	Female	57.11	52.84	740	400	8.98	7.07
141	PA	Male	56.86	57.11	720	740	8.87	8.98
142	PA	Male	61.64	62.08	1140	1180	11	11.2
143	PA	Male	61.42	67.56	1120	1720	10.9	13.64
144	PA	Male	51.17	61.42	280	1120	6.33	10.9
145	PA	Female	56.86	51.17	720	280	8.87	6.33
146	PA	Female	58.98	56.86	900	720	9.81	8.87
147	PA	Female	52.84	58.98	400	900	7.07	9.81
148	PA	Male	53.39	52.84	440	400	7.32	7.07
149	PA	Female	53.39	53.39	440	440	7.32	7.32
150	PA	Female	52.28	57.93	360	823.14	6.82	9.37
151	PA	Female	54.4	52.28	520	360	7.77	6.82
152	PA	Female	59.2	54.4	920	520	9.91	7.77

s.no	YOGA1 PA0	Sex MALE 1 FEMA LE0	MHRP RE_1	MHRPO ST_1	DISTANCE INM_1	PODIS TANCEI NM_1	METsp re_1	METsp ost_1
153	PA	Female	54.9	59.2	560	920	7.99	9.91
154	PA	Female	60.75	54.9	1060	560	10.6	7.99
155	PA	Male	51.17	60.75	280	1060	6.33	10.6
156	PA	Male	63.53	51.17	1320	280	11.84	6.33
157	PA	Female	63.53	63.53	1320	1320	11.84	11.84
158	PA	Male	57.85	63.53	800	1320	9.31	11.84
243	PA	Male	58.09	57.36	820	760	9.42	9.09
245	PA	Male	57.85	57.11	800	740	9.31	8.98
247	PA	Female	54.9	55.14	560	580	7.99	8.1
249	PA	Female	54.65	54.9	540	560	7.88	7.99
251	PA	Female	59.64	59.42	960	940	10.11	10.01
253	PA	Male	64.74	63.53	1440	1320	12.38	11.84
255	PA	Female	57.6	57.6	780	780	9.2	9.2
257	PA	Female	55.39	55.39	600	600	8.21	8.21
259	PA	Female	53.91	54.4	480	520	7.55	7.77
261	PA	Female	57.11	57.36	740	760	8.98	9.09
263	PA	Male	56.91	57.93	740.78	823.14	8.94	9.37
265	PA	Male	58.32	59.2	840	920	9.52	9.91
267	PA	Male	61.86	61.64	1160	1140	11.1	11
269	PA	Female	52.28	53.39	360	440	6.82	7.32
271	PA	Male	62.72	62.93	1240	1260	11.48	11.57
273	PA	Male	65.74	65.95	1540	1560	12.83	12.92
275	PA	Male	52.56	53.91	380	480	6.95	7.55
277	PA	Female	53.91	54.65	480	540	7.55	7.88
279	PA	Male	58.54	59.2	860	920	9.61	9.91
281	PA	Female	53.91	55.14	480	580	7.55	8.1
283	PA	Male	54.9	54.9	560	560	7.99	7.99
285	PA	Male	62.93	63.73	1260	1340	11.57	11.93
287	PA	Female	54.4	54.9	520	560	7.77	7.99
289	PA	Female	54.9	55.14	560	580	7.99	8.1
291	PA	Female	53.39	54.16	440	500	7.32	7.66
293	PA	Female	54.65	55.14	540	580	7.88	8.1
295	PA	Female	51.73	52.56	320	380	6.58	6.95
297	PA	Male	56.91	57.93	740.78	823.14	8.94	9.37
299	PA	Female	53.91	55.63	480	620	7.55	8.32
301	PA	Female	55.88	56.13	640	660	8.43	8.54
303	PA	Female	56.86	57.36	720	760	8.87	9.09
305	PA	Female	55.39	55.39	600	600	8.21	8.21

s.no	YOGA1 PA0	sexMALE1 FEMALE0	MHR PRE_1	MHR POST_1	DISTANCE INM_1	PODIS TANCE INM_1	METs pre_1	METs post_1
306	PA	Female	60.53	61.19	1040	1100	10.5	10.8
307	PA	Male	60.31	60.53	1020	1040	10.41	10.5
308	PA	Female	52.28	53.39	360	440	6.82	7.32
309	PA	Male	59.2	58.76	920	880	9.91	9.71
310	PA	Female	55.88	56.13	640	660	8.43	8.54
311	PA	Male	65.74	64.94	1540	1460	12.83	12.47
312	PA	Female	54.4	54.9	520	560	7.77	7.99
313	PA	Male	59.64	59.64	960	960	10.11	10.11
314	PA	Male	60.09	58.32	1000	840	10	9
315	PA	Male	56.91	57.93	740.78	823.14	8.94	9.37
316	PA	Male	59.2	58.76	920	880	10	10
317	PA	Male	64.74	66.35	1440	1600	13	13
318	PA	Male	61.42	54.16	1120	500	11	8
319	PA	Male	54.4	54.4	520	520	8	8
320	PA	Male	54.4	57.36	520	760	8	9
321	PA	Male	62.08	62.72	1180	1240	11	11
322	PA	Male	58.76	58.76	880	880	10	10
323	PA	Female	61.64	64.94	1140	1460	11	13
324	PA	Male	59.2	60.09	920	1000	10	10
325	PA	Male	59.2	60.09	920	1000	10	10
326	PA	Female	59.2	63.13	920	1280	10	12
327	PA	Male	58.98	61.42	900	1120	10	11
328	PA	Male	53.91	58.54	480	860	7	10
329	PA	Female	52.84	54.4	400	520	7	8
330	PA	Female	53.91	52.84	480	400	7	7
331	PA	Female	51.45	52.28	300	360	7	7
332	PA	Female	55.88	58.32	640	840	9	9
333	PA	Female	54.9	56.37	560	680	8	9
334	PA	Female	47.66	56.37	40	680	5	9
335	PA	Female	56.86	56.37	720	680	9	9
336	PA	Female	55.88	55.88	640	640	9	9
337	PA	Female	56.86	56.86	720	720	9	9
338	PA	Female	53.91	54.65	480	540	7	8
339	PA	Female	54.65	54.65	540	540	8	8
340	PA	Female	56.37	56.37	680	680	9	9
341	PA	Female	49.51	54.4	160	520	6	8
342	PA	Female	61.19	61.42	1100	1120	11	11
343	PA	Female	52.28	54.4	360	520	7	8

s.no	YOGA 1PA0	sexMALE1F EMALE0	MHRP RE_1	MHRP OST_1	DISTANC EINM_1	PODISTAN CEINM_1	METs pre_1	METs post_1
344	PA	Female	60.53	62.3	1040	1200	11	11
345	PA	Female	50.07	50.07	200	200	6	6
346	PA	Male	56.91	57.93	740.78	823.14	8.94	9.37
347	PA	Female	56.91	57.93	740.78	823.14	8.94	9.37
348	PA	Male	56.91	57.93	740.78	823.14	8.94	9.37
349	PA	Male	56.91	57.93	740.78	823.14	8.94	9.37
350	PA	Male	55.39	49.51	600	160	8	6
351	PA	Female	56.91	57.93	740.78	823.14	8.94	9.37
352	PA	Female	59.64	59.64	960	960	10	10
196	PA	Male	64.13	65.34	1380	1500	12	13
198	PA	Male	64.33	66.95	1400	1660	12	13
200	PA	Male	60.09	60.97	1000	1080	10	11
202	PA	Male	60.53	58.98	1040	900	11	10
203	PA	Male	52.84	54.9	400	560	7	8
204	PA	Male	56.91	57.93	740.78	823.14	8.94	9.37
205	PA	Female	55.88	58.54	640	860	9	10
206	PA	Male	63.33	63.13	1300	1280	12	12
207	PA	Male	56.13	56.62	660	700	9	9
208	PA	Male	60.97	61.64	1080	1140	11	11
209	PA	Female	55.39	56.86	600	720	8	9
210	PA	Male	63.53	57.93	1320	823.14	12	9.37
211	PA	Male	59.42	59.2	940	920	10	10
212	PA	Male	58.76	57.93	880	823.14	10	9.37
213	PA	Male	55.39	58.32	600	840	8	9
214	PA	Male	65.14	66.75	1480	1640	13	13
215	PA	Male	54.9	53.39	560	440	8	7
216	PA	Female	52.56	54.9	380	560	7	8
217	PA	Male	61.86	58.32	1160	840	11	9
218	PA	Female	52	57.93	340	823.14	7	9.37
219	PA	Female	58.98	58.76	900	880	10	10
220	PA	Female	52.84	52.28	400	360	7	7
221	PA	Female	55.39	52.84	600	400	8	7
222	PA	Female	52.28	51.73	360	320	7	7
223	PA	Female	51.73	50.62	320	240	7	6
224	PA	Female	56.13	57.36	660	760	9	9
225	PA	Female	59.87	59.64	980	960	10	10
226	PA	Male	55.39	56.86	600	720	8	9
227	PA	Female	53.91	52.28	480	360	7	7

s.no	YOGA 1PA0	sexMALE1F EMALE0	MHRP RE_1	MHRP OST_1	DISTANC EINM_1	PODISTAN CEINM_1	METs pre_1	METs post_1
228	PA	Male	50.62	51.17	240	280	6	6
229	PA	Female	52.56	50.62	380	240	7	6
230	PA	Female	52.28	52.81	360	400	7	7
231	PA	Female	55.39	53.67	600	460	8	7
232	PA	Female	52.28	55.39	360	600	7	8
233	PA	Female	58.76	58.54	880	860	10	10
731	PA	Male	56.91	57.93	740.78	823.14	8.94	9.37
733	PA	Female	53.11	54.16	420	500	7.19	7.66
735	PA	Female	58.32	59.64	840	960	9.52	10.11
737	PA	Female	53.67	56.62	460	700	7.44	8.76
739	PA	Female	53.91	57.36	480	760	7.55	9.09
741	PA	Female	61.42	61.86	1120	1160	10.9	11.1
743	PA	Female	60.75	62.08	1060	1180	10.6	11.2
745	PA	Female	54.4	57.36	520	760	7.77	9.09
747	PA	Male	63.53	64.13	1320	1380	11.84	12.11
749	PA	Female	63.53	63.93	1320	1360	11.84	12.02
751	PA	Male	66.35	65.34	1600	1500	13.1	12.65
753	PA	Female	58.76	59.42	880	940	9.71	10.01
755	PA	Female	53.67	55.39	460	600	7.44	8.21
757	PA	Male	64.33	64.13	1400	1380	12.2	12.11
759	PA	Male	63.13	63.73	1280	1340	11.66	11.93
761	PA	Male	54.4	56.37	520	680	7.77	8.65
763	PA	Female	59.64	61.86	960	1160	10.11	11.1
765	PA	Female	55.39	58.76	600	880	8.21	9.71
767	PA	Male	64.74	64.94	1440	1460	12.38	12.47
769	PA	Male	62.52	62.3	1220	1200	11.39	11.3
771	PA	Male	63.13	63.93	1280	1360	11.66	12.02
773	PA	Female	57.36	59.42	760	940	9.09	10.01
775	PA	Male	64.74	64.33	1440	1400	12.38	12.2
777	PA	Male	59.64	61.19	960	1100	10.11	10.8
779	PA	Female	55.39	56.37	600	680	8.21	8.65
781	PA	Male	58.54	59.42	860	940	9.61	10.01
783	PA	Male	63.53	64.33	1320	1400	11.84	12.2
785	PA	Male	57.85	59.42	800	940	9.31	10.01
787	PA	Male	63.13	63.53	1280	1320	11.66	11.84
789	PA	Female	58.76	64.13	880	1380	9.71	12.11

s.no	YOGA 1PA0	Sex MALE1 FEMALE0	MHR PRE_1	MHR POST_1	DIST ANCE INM_1	PODIS TANCE INM_1	METs pre_1	METs post_1
791	PA	Male	64.94	55.39	1460	600	12.47	8.21
793	PA	Male	65.95	66.15	1560	1580	12.92	13.01
795	PA	Female	56.86	57.11	720	740	8.87	8.98
797	PA	Male	60.97	61.64	1080	1140	10.7	11
798	PA	Male	60.97	61.42	1080	1120	10.7	10.9
799	PA	Male	60.75	61.86	1060	1160	10.6	11.1
800	PA	Female	56.86	57.11	720	740	8.87	8.98
801	PA	Male	63.53	64.13	1320	1380	11.84	12.11
802	PA	Female	55.63	58.76	620	880	8.32	9.71
234	PA	Male	51.73	52.56	320	380	7	7
235	PA	Male	63.33	64.94	1300	1460	12	13
236	PA	Male	53.91	54.9	480	560	7	8
237	PA	Male	62.08	62.72	1180	1240	11	11
238	PA	Male	56.37	57.11	680	740	9	9
239	PA	Male	58.76	59.2	880	920	10	10
240	PA	Male	56.37	58.54	680	860	9	10
241	PA	Male	63.13	64.94	1280	1460	12	13
242	PA	Male	58.09	58.76	820	880	9	10
244	PA	Male	60.09	60.53	1000	1040	10	11
246	PA	Male	53.39	54.16	440	500	7	8
248	PA	Male	58.09	58.09	820	820	9	9
250	PA	Male	58.54	58.98	860	900	10	10
252	PA	Male	51.45	52.56	300	380	7	7
254	PA	Male	60.31	60.31	1020	1020	11	11

s.no	YOGA 1PA0	Sex MALE1 FEMALE0	MHR PRE_1	MHR POST_1	DISTA NCE INM_1	PODISTA NCE INM_1	MET spre_1	MET spost_1
256	PA	Male	56.62	57.6	700	780	9	9
258	PA	Male	52	58.76	340	880	7	10
260	PA	Male	59.2	59.42	920	940	10	10
262	PA	Male	60.09	60.53	1000	1040	10	11
264	PA	Male	60.53	61.19	1040	1100	11	11
266	PA	Male	50.07	53.91	200	480	6	7
268	PA	Male	54.9	55.14	560	580	8	8
270	PA	Male	62.93	63.53	1260	1320	12	12
272	PA	Male	57.85	58.32	800	840	9	9
274	PA	Female	56.91	57.93	740.78	823.14	8.94	9.37
276	PA	Female	50.9	50.9	260	260	6	6
278	PA	Female	56.91	57.93	740.78	823.14	8.94	9.37
280	PA	Female	53.67	53.91	460	480	7	7
282	PA	Female	52.84	54.15	400	500	7	8

284	PA	Female	57.11	57.61	740	780	9	9
286	PA	Female	55.14	56.14	580	660	8	9
288	PA	Female	55.63	56.62	620	700	8	9
290	PA	Male	51.73	52.28	320	360	7	7
292	PA	Female	53.39	53.39	440	440	7	7
294	PA	Male	51.73	54.9	320	560	7	8
296	PA	Female	53.91	54.65	480	540	7	8
298	PA	Female	59.2	59.87	920	980	10	10
300	PA	Female	55.88	56.86	640	720	9	9
302	PA	Female	53.91	56.13	480	660	7	9
304	PA	Female	49.79	52	180	340	6	7
1	PA	Male	60.09	60.53	1000	1040	10	11
2	PA	Male	63.93	66.75	1360	1640	12	13
3	PA	Male	58.54	60.75	860	1060	10	11
4	PA	Male	56.37	59.2	680	920	9	10
5	PA	Male	52.84	55.88	400	640	7	9
6	PA	Male	58.54	58.32	860	840	10	9
7	PA	Male	58.76	57.36	880	760	10	9
8	PA	Male	55.63	58.98	620	900	8	10
9	PA	Male	57.36	58.76	760	880	9	10
10	PA	Male	59.64	61.64	960	1140	10	11
11	PA	Male	60.31	60.97	1020	1080	11	11
12	PA	Male	52.56	58.09	380	820	7	9
13	PA	Male	60.97	61.19	1080	1100	11	11
14	PA	Male	56.91	57.93	740.78	823.14	8.94	9.37
15	PA	Male	57.85	60.97	800	1080	9	11
16	PA	Male	58.76	50.07	880	200	10	6
17	PA	Male	51.73	57.36	320	760	7	9
18	PA	Male	55.14	58.32	580	840	8	9
19	PA	Male	52	56.86	340	720	7	9
20	PA	Male	58.76	58.76	880	880	10	10
21	PA	Male	58.76	60.53	880	1040	10	11
22	PA	Male	60.53	59.2	1040	920	11	10
23	PA	Male	63.33	63.53	1300	1320	12	12
24	PA	Male	62.08	61.86	1180	1160	11	11
25	PA	Male	62.08	65.14	1180	1480	11	13
26	PA	Male	59.2	58.32	920	840	10	9
27	PA	Female	55.88	55.88	640	640	9	9
28	PA	Female	52.84	54.16	400	500	7	8
29	PA	Female	54.16	53.39	500	440	8	7
30	PA	Female	52.28	52.28	360	360	7	7
31	PA	Female	54.9	53.39	560	440	8	7
32	PA	Female	56.91	56.37	740.78	680	8.94	9
33	PA	Female	57.85	58.09	800	820	9	9
34	PA	Female	56.86	58.32	720	840	9	9
35	PA	Female	53.39	54.16	440	500	7	8

36	PA	Female	56.91	57.36	740.78	760	8.94	9
37	PA	Female	52.56	54.16	380	500	7	8
38	PA	Female	56.91	57.93	740.78	823.14	8.94	9.37
39	PA	Female	52	54.4	340	520	7	8
40	PA	Male	54.9	54.4	560	520	8	8
41	PA	Female	55.63	57.36	620	760	8	9
82	PA	Female	54.16	55.39	500	600	8	8
84	PA	Male	58.76	57.36	880	760	10	9
85	PA	Female	53.91	55.39	480	600	7	8
86	PA	Male	56.91	57.93	740.78	823.14	8.94	9.37
87	PA	Male	53.67	58.76	460	880	7	10
88	PA	Female	54.16	56.86	500	720	8	9
89	PA	Male	59.2	61.42	920	1120	10	11
90	PA	Female	53.39	55.39	440	600	7	8
91	PA	Female	54.16	54.4	500	520	8	8
92	PA	Male	55.88	61.42	640	1120	9	11
93	PA	Female	56.91	57.93	740.78	823.14	8.94	9.37
94	PA	Male	52	55.39	340	600	7	8
95	PA	Male	55.63	56.37	620	680	8	9
96	PA	Female	52	53.91	340	480	7	7
97	PA	Female	53.11	56.62	420	700	7	9
98	PA	Male	55.88	61.19	640	1100	9	11
99	PA	Male	54.65	52.56	540	380	8	7
100	PA	Female	53.39	54.4	440	520	7	8
101	PA	Female	53.39	54.4	440	520	7	8
102	PA	Male	53.11	55.88	420	640	7	9
103	PA	Male	54.9	60.97	560	1080	8	11
104	PA	Female	55.88	55.39	640	600	9	8

s.no	YOGA 1PA0	sexMALE1F EMALE0	MHRP RE_1	MHRP OST_1	DISTANC EINM_1	PODISTAN CEINM_1	METs pre_1	METs post_1
105	PA	Female	54.9	55.14	560	580	8	8
106	PA	Male	53.11	57.85	420	800	7	9
107	PA	Female	55.88	58.54	640	860	9	10
108	PA	Male	52.84	54.16	400	500	7	8
109	PA	Female	53.91	57.36	480	760	7	9
110	PA	Male	52.56	60.31	380	1020	7	11
111	PA	Female	52.84	54.4	400	520	7	8
112	PA	Male	52.84	53.91	400	480	7	7
113	PA	Male	52.84	59.64	400	960	7	10
114	PA	Male	52.56	63.13	380	1280	7	12
115	PA	Male	57.6	61.42	780	1120	9	11
116	PA	Male	51.73	56.62	320	700	7	9
117	PA	Male	52.28	58.76	360	880	7	10
118	PA	Male	62.93	72.01	1260	823.14	12	9.37
559	Yoga	Male	62.3	60.97	1200	1080	11.3	10.7

560	Yoga	Female	57.11	57.93	740	823.14	8.98	9.37
561	Yoga	Female	58.76	59.2	880	920	9.71	9.91
562	Yoga	Male	58.32	58.76	840	880	9.52	9.71
563	Yoga	Female	56.91	57.93	740.78	823.14	8.94	9.37
564	Yoga	Female	52.84	52.84	400	400	7.07	7.07
565	Yoga	Female	58.76	58.76	880	880	9.71	9.71
566	Yoga	Female	60.97	60.97	1080	1080	10.7	10.7
567	Yoga	Male	57.36	57.36	760	760	9.09	9.09
568	Yoga	Female	56.37	55.88	680	640	8.65	8.43
569	Yoga	Male	64.13	62.3	1380	1200	12.11	11.3
570	Yoga	Female	55.88	54.4	640	520	8.43	7.77
571	Yoga	Female	55.39	54.4	600	520	8.21	7.77
572	Yoga	Male	59.64	59.64	960	960	10.11	10.11
573	Yoga	Male	60.97	59.2	1080	920	10.7	9.91
574	Yoga	Female	54.9	53.91	560	480	7.99	7.55
575	Yoga	Male	58.76	56.37	880	680	9.71	8.65
576	Yoga	Female	54.9	54.4	560	520	7.99	7.77
577	Yoga	Male	60.97	59.64	1080	960	10.7	10.11
578	Yoga	Male	58.76	58.76	880	880	9.71	9.71
579	Yoga	Male	60.09	59.2	1000	920	10.31	9.91
580	Yoga	Female	57.11	54.9	740	560	8.98	7.99
581	Yoga	Male	58.32	58.76	840	880	9.52	9.71
582	Yoga	Male	60.53	57.93	1040	823.14	10.5	9.37

s.n o	YOGA 1 PA0	Sex MALE1 FEMALE 0	MHR PRE_ 1	MHR POST_ 1	DISTANC EI NM_1	PODISTANC EI NM_1	METs pre_1	MET s post_ 1
583	Yoga	Male	60.53	52.84	1040	400	10.5	7.07
584	Yoga	Female	66.35	64.74	1600	1440	13.1	12.38
585	Yoga	Female	52.28	53.91	360	480	6.82	7.55
586	Yoga	Female	52.28	55.88	360	640	6.82	8.43
587	Yoga	Male	63.93	62.3	1360	1200	12.02	11.3
588	Yoga	Male	52	52.84	340	400	6.7	7.07
589	Yoga	Female	57.36	53.91	760	480	9.09	7.55
590	Yoga	Female	52.56	57.93	380	823.14	6.95	9.37
591	Yoga	Female	54.9	54.65	560	540	7.99	7.88
592	Yoga	Male	59.64	56.86	960	720	10.11	8.87
593	Yoga	Male	63.13	60.53	1280	1040	11.66	10.5
594	Yoga	Female	62.52	55.39	1220	600	11.39	8.21
595	Yoga	Female	54.16	54.9	500	560	7.66	7.99
596	Yoga	Female	52.84	57.93	400	823.14	7.07	9.37
597	Yoga	Male	58.98	59.2	900	920	9.81	9.91
598	Yoga	Female	56.91	57.93	740.78	823.14	8.94	9.37

353	Yoga	Female	52.28	58.32	360	840	6.82	9.52
354	Yoga	Male	63.53	64.13	1320	1380	11.84	12.11
355	Yoga	Female	58.76	60.75	880	1060	9.71	10.6
356	Yoga	Male	63.53	63.73	1320	1340	11.84	11.93
357	Yoga	Male	58.98	59.42	900	940	9.81	10.01
358	Yoga	Female	58.76	58.98	880	900	9.71	9.81
359	Yoga	Female	60.75	61.42	1060	1120	10.6	10.9
360	Yoga	Female	57.85	58.76	800	880	9.31	9.71
361	Yoga	Male	60.09	60.97	1000	1080	10.31	10.7
362	Yoga	Female	62.3	60.75	1200	1060	11.3	10.6
363	Yoga	Female	54.4	56.86	520	720	7.77	8.87
364	Yoga	Male	60.09	60.09	1000	1000	10.31	10.31
365	Yoga	Male	58.76	58.76	880	880	9.71	9.71
366	Yoga	Male	57.36	57.36	760	760	9.09	9.09
367	Yoga	Female	51.73	54.9	320	560	6.58	7.99
368	Yoga	Female	54.9	56.62	560	700	7.99	8.76
369	Yoga	Female	54.9	54.16	560	500	7.99	7.66
370	Yoga	Male	63.93	62.3	1360	1200	12.02	11.3
371	Yoga	Female	58.76	54.4	880	520	9.71	7.77
372	Yoga	Male	58.98	59.2	900	920	9.81	9.91
373	Yoga	9999	53.91	54.16	480	500	7.55	7.66
374	Yoga	Male	60.97	61.86	1080	1160	10.7	11.1
375	Yoga	Female	58.54	61.42	860	1120	9.61	10.9
376	Yoga	Female	59.64	56.86	960	720	10.11	8.87
377	Yoga	Female	54.65	55.39	540	600	7.88	8.21
378	Yoga	Male	62.72	63.93	1240	1360	11.48	12.02
379	Yoga	Male	60.53	61.42	1040	1120	10.5	10.9
380	Yoga	Male	61.86	62.93	1160	1260	11.1	11.57
381	Yoga	Female	58.76	56.37	880	680	9.71	8.65
382	Yoga	Male	61.86	63.13	1160	1280	11.1	11.66
383	Yoga	Female	62.72	62.93	1240	1260	11.48	11.57
384	Yoga	Female	52.84	59.2	400	920	7.07	9.91
385	Yoga	Male	59.2	59.2	920	920	9.91	9.91
386	Yoga	Female	56.86	56.86	720	720	8.87	8.87
387	Yoga	Female	56.86	57.11	720	740	8.87	8.98
388	Yoga	Female	62.08	61.86	1180	1160	11.2	11.1
389	Yoga	Male	63.73	63.73	1340	1340	11.93	11.93
390	Yoga	Male	58.76	60.75	880	1060	9.71	10.6
391	Yoga	Female	57.85	58.98	800	900	9.31	9.81
392	Yoga	Male	63.53	63.73	1320	1340	11.84	11.93
393	Yoga	Female	52.84	56.13	400	660	7.07	8.54
394	Yoga	Male	50.07	54.65	200	540	5.83	7.88
396	Yoga	Male	62.72	62.93	1240	1260	11.48	11.57
437	Yoga	Male	63.13	63.13	1280	1280	11.66	11.66
438	Yoga	Female	63.93	64.33	1360	1400	12.02	12.2
439	Yoga	Male	37	63.93	740.78	1360	8.94	12.02

440	Yoga	Female	60.97	60.97	1080	1080	10.7	10.7
441	Yoga	Male	62.3	62.3	1200	1200	11.3	11.3
442	Yoga	Female	52.84	52.84	400	400	7.07	7.07
443	Yoga	Male	59.87	58.76	980	880	10.21	9.71
450	Yoga	Female	63.33	63.33	1300	1300	11.75	11.75
451	Yoga	Female	64.33	64.33	1400	1400	12.2	12.2
452	Yoga	Female	60.09	60.09	1000	1000	10.31	10.31
453	Yoga	Female	51.73	51.73	320	320	6.58	6.58
454	Yoga	Male	54.4	55.39	520	600	7.77	8.21
455	Yoga	Female	54.9	54.9	560	560	7.99	7.99
456	Yoga	Female	57.36	57.36	760	760	9.09	9.09
457	Yoga	Female	60.53	60.53	1040	1040	10.5	10.5
458	Yoga	Female	55.88	55.88	640	640	8.43	8.43
459	Yoga	Female	56.37	57.6	680	780	8.65	9.2
460	Yoga	Female	55.63	55.63	620	620	8.32	8.32
461	Yoga	Male	54.65	47.02	540	0	7.88	4.47
462	Yoga	Female	57.36	57.36	760	760	9.09	9.09
463	Yoga	Male	61.42	61.42	1120	1120	10.9	10.9
464	Yoga	Male	64.13	64.13	1380	1380	12.11	12.11
465	Yoga	Male	60.09	60.09	1000	1000	10.31	10.31
466	Yoga	Male	60.53	60.53	1040	1040	10.5	10.5
467	Yoga	Female	51.73	51.73	320	320	6.58	6.58
468	Yoga	Female	54.9	54.9	560	560	7.99	7.99
469	Yoga	Male	65.34	65.34	1500	1500	12.65	12.65
470	Yoga	Male	65.34	65.34	1500	1500	12.65	12.65
471	Yoga	Male	60.09	60.09	1000	1000	10.31	10.31
473	Yoga	Female	57.6	57.6	780	780	9.2	9.2
475	Yoga	Male	60.53	60.53	1040	1040	10.5	10.5
477	Yoga	Female	51.73	51.73	320	320	6.58	6.58
479	Yoga	Female	55.63	65.14	620	1480	8.32	12.56
481	Yoga	Male	65.14	57.93	1480	823.14	12.56	9.37
608	Yoga	Male	56.91	57.93	740.78	823.14	8.94	9.37
610	Yoga	Female	61.19	54.4	1100	520	10.8	7.77
612	Yoga	Female	53.11	50.62	420	240	7.19	6.08
614	Yoga	Female	52.28	54.9	360	560	6.82	7.99
616	Yoga	Female	53.91	55.39	480	600	7.55	8.21
618	Yoga	Female	53.91	50.9	480	260	7.55	6.2
620	Yoga	Male	57.85	58.54	800	860	9.31	9.61
622	Yoga	Male	61.42	61.86	1120	1160	10.9	11.1
624	Yoga	Male	56.91	57.93	740.78	823.14	8.94	9.37
626	Yoga	Male	60.53	62.08	1040	1180	10.5	11.2
628	Yoga	Male	64.54	64.94	1420	1460	12.29	12.47

s.no	YOGA1P A0	Sex MALE1 FEMALE 0	MHR PRE_ 1	MHR POST_ 1	DISTANC E INM_1	PODISTAN CE INM_1	MET s pre_1	METs post_1
630	Yoga	Male	64.13	64.33	1380	1400	12.11	12.2
632	Yoga	Female	53.11	54.9	420	560	7.19	7.99
634	Yoga	Female	52.84	49.79	400	180	7.07	5.71
636	Yoga	Female	54.16	49.79	500	180	7.66	5.71
638	Yoga	Female	56.91	57.93	740.78	823.14	8.94	9.37
640	Yoga	Male	55.39	57.93	600	823.14	8.21	9.37
642	Yoga	Female	53.39	57.93	440	823.14	7.32	9.37
644	Yoga	Female	54.9	53.91	560	480	7.99	7.55
646	Yoga	Female	60.31	61.19	1020	1100	10.41	10.8
648	Yoga	Male	61.86	62.08	1160	1180	11.1	11.2
650	Yoga	Male	59.64	61.19	960	1100	10.11	10.8
652	Yoga	Male	63.53	63.93	1320	1360	11.84	12.02
654	Yoga	Male	61.86	62.08	1160	1180	11.1	11.2
656	Yoga	Male	55.88	57.6	640	780	8.43	9.2
658	Yoga	Female	52.84	50.07	400	200	7.07	5.83
660	Yoga	Female	56.37	58.98	680	900	8.65	9.81
662	Yoga	Male	60.31	61.86	1020	1160	10.41	11.1
664	Yoga	Male	55.39	57.85	600	800	8.21	9.31
666	Yoga	Female	52.56	56.13	380	660	6.95	8.54
668	Yoga	Female	51.73	56.86	320	720	6.58	8.87
670	Yoga	Female	57.36	54.9	760	560	9.09	7.99
671	Yoga	Female	58.09	51.73	820	320	9.42	6.58
672	Yoga	Female	50.9	49.79	260	180	6.2	5.71
673	Yoga	Male	57.85	57.93	800	823.14	9.31	9.37
674	Yoga	Female	50.9	57.93	260	823.14	6.2	9.37
675	Yoga	Female	51.73	57.93	320	823.14	6.58	9.37
676	Yoga	Female	52.28	57.93	360	823.14	6.82	9.37
677	Yoga	Female	54.4	52.56	520	380	7.77	6.95
678	Yoga	Female	54.16	51.73	500	320	7.66	6.58
710	Yoga	Female	57.11	57.6	740	780	9	9
712	Yoga	Female	52.28	51.17	360	280	7	6
714	Yoga	Male	56.91	58.76	740.78	880	8	10
716	Yoga	Female	52.84	54.4	400	520	7	8
718	Yoga	Female	53.67	54.4	460	520	7	8
720	Yoga	Female	52.28	54.65	360	540	7	8
722	Yoga	Female	52	55.37	340	600	7	8
724	Yoga	Female	54.4	55.88	520	640	8	9
726	Yoga	Female	54.65	55.88	540	640	8	9
728	Yoga	Female	51.17	53.91	280	480	6	7
730	Yoga	Female	52	52.84	340	400	7	7
732	Yoga	Female	52	52.84	340	400	7	7
734	Yoga	Female	54.9	58.76	560	880	8	10
736	Yoga	Female	54.65	55.88	540	640	8	9

738	Yoga	Female	52.84	51.73	400	320	7	7
740	Yoga	Female	52.56	55.39	380	600	7	8
742	Yoga	Female	52.56	51.73	380	320	7	7
744	Yoga	Female	51.73	52.28	320	360	7	7
746	Yoga	Female	53.39	51.73	440	320	7	7
748	Yoga	Female	52.28	53.39	360	440	7	7
750	Yoga	Female	50.62	53.91	240	480	6	7
752	Yoga	Female	54.4	54.4	520	520	8	8
754	Yoga	Male	60.97	64.33	1080	1400	11	12
756	Yoga	Male	61.64	64.13	1140	1380	11	12
758	Yoga	Female	52.84	56.84	400	720	7	9
760	Yoga	Female	61.42	63.75	1120	1340	11	12
762	Yoga	Male	63.53	64.13	1320	1380	12	12
764	Yoga	Female	52.56	52.28	380	360	7	7
766	Yoga	Male	55.88	55.39	640	600	9	8
768	Yoga	Male	63.73	64.13	1340	1380	12	12
770	Yoga	Male	56.91	56.86	740.78	720	8.94	9
772	Yoga	Male	59.2	62.72	920	1240	10	11
774	Yoga	Male	60.53	61.42	1040	1120	11	11
776	Yoga	Male	61.64	59.2	1140	920	11	10
778	Yoga	Male	63.53	64.13	1320	1380	12	12
780	Yoga	Female	52.84	56.86	400	720	7	9
782	Yoga	Female	53.67	58.32	460	840	7	9
784	Yoga	Female	55.88	60.09	640	1000	9	10
786	Yoga	Female	55.63	57.85	620	800	8	9
788	Yoga	Male	58.76	57.11	880	740	10	9
790	Yoga	Male	64.74	65.34	1440	1500	13	13
792	Yoga	Male	65.95	65.34	1560	1500	13	13
794	Yoga	Male	62.93	61.86	1260	1160	12	11

s.no	YOGA 1PA0	sexMALE1F EMALE0	MHRP RE_1	MHRP OST_1	DISTANC EINM_1	PODISTAN CEINM_1	METs pre_1	METs post_1
796	Yoga	Male	61.19	61.19	1100	1100	11	11
515	Yoga	Male	56.91	57.93	740.78	823.14	8.94	9.37
516	Yoga	Male	58.54	61.42	860	1120	10	11
517	Yoga	Male	59.2	60.09	920	1000	10	10
518	Yoga	Female	52.28	52.28	360	360	7	7
519	Yoga	Male	56.37	56.37	680	680	9	9
520	Yoga	Male	58.76	63.75	880	1340	10	12
521	Yoga	Male	63.13	63.13	1280	1280	12	12
522	Yoga	Male	56.84	60.31	720	1020	8	11
523	Yoga	Female	55.88	54.65	640	540	9	8
524	Yoga	Male	58.32	60.31	840	1020	9	11
525	Yoga	Female	57.85	55.39	800	600	9	8
526	Yoga	Female	53.91	54.4	480	520	7	8
527	Yoga	Male	54.15	54.4	500	520	7	8

528	Yoga	Male	59.87	63.53	980	1320	10	12
529	Yoga	Female	52.28	52.28	360	360	7	7
530	Yoga	Male	59.87	63.13	980	1280	10	12
531	Yoga	Male	54.16	53.11	500	420	8	7
532	Yoga	Female	58.32	59.64	840	960	9	10
533	Yoga	Male	56.62	54.9	700	560	9	8
534	Yoga	Female	52.84	52.28	400	360	7	7
535	Yoga	Female	53.67	54.4	460	520	7	8
536	Yoga	Male	54.4	58.54	520	860	8	10
537	Yoga	Male	58.98	61.86	900	1160	10	11
538	Yoga	Female	53.39	52.28	440	360	7	7
539	Yoga	Female	56.91	50.9	740.78	260	8.94	6
540	Yoga	Male	58.54	60.1	860	1000	10	10
541	Yoga	Female	53.11	54.9	420	560	7	8
542	Yoga	Female	58.76	54.9	880	560	10	8
543	Yoga	Female	54.16	52.28	500	360	8	7
544	Yoga	Female	50.89	51.45	260	300	7	7
545	Yoga	Male	59.2	58.32	920	840	10	9
546	Yoga	Male	56.86	53.39	720	440	9	7
547	Yoga	Male	58.31	64.13	840	1380	10	12
548	Yoga	Female	56.86	56.86	720	720	9	9
549	Yoga	Male	58.98	58.76	900	880	10	10

s.no	YOGA 1PA0	sexMALE1F EMALE0	MHRP RE_1	MHRP OST_1	DISTANC EINM_1	PODISTAN CEINM_1	METs pre_1	METs post_1
550	Yoga	Female	52.84	52.28	400	360	7	7
551	Yoga	Female	54.4	54.65	520	540	8	8
552	Yoga	Female	52.84	51.73	400	320	7	7
553	Yoga	Male	60.97	64.13	1080	1380	11	12
554	Yoga	Female	52.84	53.67	400	460	7	7
555	Yoga	Male	50.07	53.9	200	480	6	7
556	Yoga	Male	52.56	53.39	380	440	7	7
557	Yoga	Male	55.88	55.88	640	640	9	9
558	Yoga	Male	52.56	55.39	380	600	7	8
679	Yoga	Male	61.19	61.86	1100	1160	10.8	11.1
680	Yoga	Male	65.14	65.54	1480	1520	12.56	12.74
681	Yoga	Male	56.91	57.93	740.78	823.14	8.94	9.37
682	Yoga	Female	57.36	58.98	760	900	9.09	9.81
683	Yoga	Male	56.91	57.93	740.78	823.14	8.94	9.37
684	Yoga	Male	56.91	57.93	740.78	823.14	8.94	9.37
685	Yoga	Male	53.11	55.14	420	580	7.19	8.1
686	Yoga	Male	63.13	64.13	1280	1380	11.66	12.11
687	Yoga	Male	53.39	57.6	440	780	7.32	9.2
688	Yoga	Male	56.91	57.93	740.78	823.14	8.94	9.37
689	Yoga	Male	59.42	61.64	940	1140	10.01	11

690	Yoga	Male	54.65	56.62	540	700	7.88	8.76
691	Yoga	Female	59.2	60.97	920	1080	9.91	10.7
692	Yoga	Male	62.3	63.33	1200	1300	11.3	11.75
693	Yoga	Male	57.6	59.64	780	960	9.2	10.11
694	Yoga	Female	58.32	58.98	840	900	9.52	9.81
695	Yoga	Female	53.11	54.65	420	540	7.19	7.88
696	Yoga	Female	56.37	58.32	680	840	8.65	9.52
697	Yoga	Female	53.91	57.6	480	780	7.55	9.2
698	Yoga	Female	55.39	57.36	600	760	8.21	9.09
699	Yoga	Female	56.86	57.36	720	760	8.87	9.09
700	Yoga	Female	58.76	59.42	880	940	9.71	10.01
701	Yoga	Female	61.19	61.42	1100	1120	10.8	10.9
702	Yoga	Female	58.32	59.2	840	920	9.52	9.91
703	Yoga	Female	56.91	57.93	740.78	823.14	8.94	9.37
704	Yoga	Male	56.37	57.85	680	800	8.65	9.31
705	Yoga	Female	55.39	57.85	600	800	8.21	9.31
706	Yoga	Female	53.67	54.65	460	540	7.44	7.88
707	Yoga	Female	56.91	57.93	740.78	823.14	8.94	9.37
708	Yoga	Female	53.91	55.88	480	640	7.55	8.43
709	Yoga	Female	53.91	55.14	480	580	7.55	8.1

s.no	YOGA 1PA0	sexMALE1F EMALE0	MHRP RE_1	MHRP OST_1	DISTANC EINM_1	PODISTAN CEINM_1	METs pre_1	METs post_1
711	Yoga	Female	56.62	57.36	700	760	8.76	9.09
713	Yoga	Female	56.62	59.64	700	960	8.76	10.11
715	Yoga	Female	53.91	58.54	480	860	7.55	9.61
717	Yoga	Male	52.84	59.2	400	920	7.07	9.91
719	Yoga	Female	56.37	58.98	680	900	8.65	9.81
721	Yoga	Female	56.62	58.32	700	840	8.76	9.52
723	Yoga	Female	52.28	57.11	360	740	6.82	8.98
725	Yoga	Female	52.28	56.13	360	660	6.82	8.54
727	Yoga	Female	54.9	57.11	560	740	7.99	8.98
729	Yoga	Female	54.9	54.9	560	560	7.99	7.99
599	Yoga	Male	57.36	58.76	760	880	9	10
600	Yoga	Male	60.53	61.86	1040	1160	11	11
601	Yoga	Male	63.53	65.34	1320	1500	12	13
602	Yoga	Male	63.53	65.14	1320	1480	12	13
603	Yoga	Male	56.37	58.98	680	900	9	10
604	Yoga	Male	63.53	65.54	1320	1520	12	13
605	Yoga	Male	63.93	65.14	1360	1480	12	13
606	Yoga	Male	59.64	63.93	960	1360	10	12
607	Yoga	Male	60.53	62.08	1040	1180	11	11
609	Yoga	Male	56.91	57.93	740.78	823.14	8.94	9.37
611	Yoga	Male	56.91	57.93	740.78	823.14	8.94	9.37
613	Yoga	Male	56.86	61.19	720	1100	9	11

615	Yoga	Female	56.91	57.93	740.78	823.14	8.94	9.37
617	Yoga	Male	56.86	61.86	720	1160	9	11
619	Yoga	Male	60.53	61.86	1040	1160	11	11
621	Yoga	Male	54.4	61.19	520	1100	8	11
623	Yoga	Male	56.91	57.93	740.78	823.14	8.94	9.37
625	Yoga	Male	54.4	59.42	520	940	8	10
627	Yoga	Male	59.64	61.86	960	1160	10	11
629	Yoga	Male	59.2	59.87	920	980	10	10
631	Yoga	Male	56.91	57.93	740.78	823.14	8.94	9.37
633	Yoga	Female	56.37	60.75	680	1060	9	11
635	Yoga	Female	53.91	58.98	480	900	7	10
637	Yoga	Female	55.88	60.97	640	1080	9	11

s.no	YOGA 1PA0	sexMALE1F EMALE0	MHRP RE_1	MHRP OST_1	DISTANC EINM_1	PODISTAN CEINM_1	METs pre_1	METs post_1
639	Yoga	Female	54.9	57.11	560	740	8	9
641	Yoga	Female	53.39	58.32	440	840	7	9
643	Yoga	Female	51.17	53.91	280	480	6	7
645	Yoga	Female	57.6	58.54	780	860	9	10
647	Yoga	Female	57.85	60.53	800	1040	9	11
649	Yoga	Female	58.98	63.33	900	1300	10	12
651	Yoga	Female	56.37	58.32	680	840	9	9
653	Yoga	Female	54.16	57.85	500	800	8	9
655	Yoga	Female	54.4	60.97	520	1080	8	11
657	Yoga	Female	55.88	58.76	640	880	9	10
659	Yoga	Female	49.51	57.11	160	740	6	9
661	Yoga	Female	54.4	60.97	520	1080	8	11
663	Yoga	Female	56.91	57.93	740.78	823.14	8.94	9.37
665	Yoga	Female	59.2	61.42	920	1120	10	11
667	Yoga	Female	54.4	59.42	520	940	8	10
669	Yoga	Female	59.2	61.42	920	1120	10	11
395	Yoga	Male	64.33	64.74	1400	1440	12	13
397	Yoga	Male	59.2	60.09	920	1000	10	10
398	Yoga	Male	55.63	58.98	620	900	8	10
399	Yoga	Male	56.86	59.64	720	960	9	10
400	Yoga	Male	56.86	58.76	720	880	9	10
401	Yoga	Female	60.53	64.94	1040	1460	11	13
402	Yoga	Male	57.11	63.53	740	1320	9	12
403	Yoga	Male	58.98	64.54	900	1420	10	12
404	Yoga	Male	58.76	61.42	880	1120	10	11
405	Yoga	Male	60.75	62.72	1060	1240	11	11
406	Yoga	Male	58.76	60.53	880	1040	10	11
407	Yoga	Male	58.76	63.53	880	1320	10	12
408	Yoga	Male	60.09	64.33	1000	1400	10	12

409	Yoga	Male	62.52	66.55	1220	1620	11	13
410	Yoga	Male	52	54.16	340	500	7	8
411	Yoga	Male	57.36	59.2	760	920	9	10
412	Yoga	Male	55.88	58.76	640	880	9	10
413	Yoga	Male	52.84	54.4	400	520	7	8
414	Yoga	Male	61.19	63.13	1100	1280	11	12
415	Yoga	Male	60.97	60.75	1080	1060	11	11

s.no	YOGA 1PA0	sexMALE1F EMALE0	MHRP RE_1	MHRP OST_1	DISTANC EINM_1	PODISTAN CEINM_1	METs pre_1	METs post_1
416	Yoga	Male	52.28	53.91	360	480	7	7
417	Yoga	Male	59.2	60.75	920	1060	10	11
418	Yoga	Male	61.19	62.08	1100	1180	11	11
419	Yoga	Male	61.19	63.53	1100	1320	11	12
420	Yoga	Male	58.76	62.72	880	1240	10	11
421	Yoga	Female	52.84	55.39	400	600	7	8
422	Yoga	Female	58.09	58.54	820	860	9	10
423	Yoga	Male	52.28	54.4	360	520	7	8
424	Yoga	Female	51.73	56.37	320	680	7	9
425	Yoga	Female	56.37	54.9	680	560	9	8
426	Yoga	Female	51.45	52.84	300	400	7	7
427	Yoga	Female	57.36	58.32	760	840	9	9
428	Yoga	Female	48.92	56.86	120	720	5	9
429	Yoga	Female	52.84	54.4	400	520	7	8
430	Yoga	Female	52.84	54.4	400	520	7	8
431	Yoga	Female	50.9	53.91	260	480	6	7
432	Yoga	Female	56.91	57.93	740.78	823.14	8.94	9.37
433	Yoga	Female	54.4	53.91	520	480	8	7
434	Yoga	Female	54.4	56.37	520	680	8	9
435	Yoga	Female	53.11	52.28	420	360	7	7
436	Yoga	Female	53.11	54.16	420	500	7	8
472	Yoga	Female	56.91	57.93	740.78	823.14	8.94	9.37
474	Yoga	Male	53.91	58.76	480	880	7	10
476	Yoga	Male	56.91	57.93	740.78	823.14	8.94	9.37
478	Yoga	Female	56.91	57.93	740.78	823.14	8.94	9.37
480	Yoga	Male	53.91	58.57	480	860	7	10
482	Yoga	Female	52.84	57.85	400	800	7	9
483	Yoga	Male	55.63	59.42	620	940	8	10
484	Yoga	Female	56.91	57.93	740.78	823.14	8.94	9.37
485	Yoga	Male	59.42	62.72	940	1240	10	11
486	Yoga	Female	56.91	57.93	740.78	823.14	8.94	9.37
487	Yoga	Male	54.9	59.64	560	960	8	10
488	Yoga	Male	52.28	59.2	360	920	7	10
489	Yoga	Female	56.91	57.93	740.78	823.14	8.94	9.37

490	Yoga	Male	63.33	63.33	1300	1300	12	12
491	Yoga	Female	51.73	52.84	320	400	7	7

s.no	YOGA 1PA0	sexMALE1F EMALE0	MHRP RE_1	MHRP OST_1	DISTANC EINM_1	PODISTAN CEINM_1	METs pre_1	METs post_1
492	Yoga	Male	56.86	57.85	720	800	9	9
493	Yoga	Male	54.4	55.39	520	600	8	8
494	Yoga	Female	56.91	52.84	740.78	400	8.94	7
495	Yoga	Female	52.28	52.28	360	360	7	7
496	Yoga	Male	56.37	57.85	680	800	9	9
497	Yoga	Male	55.88	57.36	640	760	9	9
498	Yoga	Female	57.85	58.76	800	880	9	10
499	Yoga	Male	55.88	63.13	640	1280	9	12
500	Yoga	Female	51.17	52.84	280	400	6	7
501	Yoga	Male	60.75	61.42	1060	1120	11	11
502	Yoga	Male	56.62	55.39	700	600	9	8
503	Yoga	Male	56.91	59.42	740.78	940	8.94	10
504	Yoga	Male	56.91	57.93	740.78	823.14	8.94	9.37
505	Yoga	Male	60.53	63.33	1040	1300	11	12
506	Yoga	Male	59.2	54.4	920	520	10	8
507	Yoga	Male	55.88	54.9	640	560	9	8
508	Yoga	Male	55.39	59.64	600	960	8	10
509	Yoga	Male	60.75	63.13	1060	1280	11	12
510	Yoga	Male	59.2	61.64	920	1140	10	12
511	Yoga	Female	56.91	57.93	740.78	823.14	8.94	9.37
512	Yoga	Female	56.91	57.93	740.78	823.14	8.94	9.37
513	Yoga	Female	56.91	57.93	740.78	823.14	8.94	9.37
514	Yoga	Female	54.15	54.4	500	520	7	8

## FLAMINGO BALANCE TEST

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
159	PA	Female	43.23	47.5
160	PA	Female	14	17
161	PA	Male	17	19
162	PA	Female	3	14
163	PA	Female	23	29
164	PA	Female	8	8.76
165	PA	Male	9	6
166	PA	Male	14	14
167	PA	Female	10.6	8.76
168	PA	Male	22	13
169	PA	Male	13	0
170	PA	Female	10.6	7
171	PA	Male	17	8.76
172	PA	Male	15	8
188	PA	Male	16	8.76
189	PA	Male	5	6
190	PA	Male	10	20
191	PA	Female	7	6
192	PA	Female	8	5
193	PA	Male	10.6	8.76
194	PA	Male	20	11
195	PA	Female	16	7
197	PA	Male	14	8.76
199	PA	Male	17	18

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
201	PA	Male	18	14
42	PA	Male	6	1
43	PA	Female	12	7
44	PA	Male	0	8.76
45	PA	Male	11	4
46	PA	Female	9	13
47	PA	Female	13	8.76
48	PA	Female	25	13
49	PA	Female	10	8.76
50	PA	Female	0	8.76
51	PA	Female	4	2
52	PA	Female	8	8.76
53	PA	Male	5	8.76
54	PA	Male	5	8.76
55	PA	Female	8	8.76
56	PA	Male	5	8.76
57	PA	Female	18	12
58	PA	Female	25	8.76

59	PA	Male	12	8.76
60	PA	Male	16	5
61	PA	Female	7	8
62	PA	9999	6	8.76
63	PA	Female	10.6	8.76
64	PA	Female	10	8.76
65	PA	Female	10	10
66	PA	Male	9	8.76
67	PA	Male	2	8.76
68	PA	Male	16	8.76
69	PA	Male	0	0
70	PA	Male	20	8.76
71	PA	Male	6	8.76
72	PA	Female	12	7
73	PA	Male	0	8.76
74	PA	Female	18	8.76
75	PA	Female	16	12
76	PA	Female	3	0
77	PA	Male	13	8.76
78	PA	Female	4	8.76

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
79	PA	Male	10.6	8.76
80	PA	Female	0	8.76
81	PA	Male	9	8.76
83	PA	Male	7	7
119	PA	Male	15	8.76
120	PA	Male	8	8.76
121	PA	Male	10.6	8.76
123	PA	Male	16	8.76
124	PA	Male	1	3
125	PA	Female	10.6	8.76
126	PA	Male	0	8.76
127	PA	Female	14	8.76
128	PA	Male	10.6	8.76
129	PA	Male	0	8.76
130	PA	Female	15	8.76
131	PA	Female	8	8.76
132	PA	Female	15	8.76
133	PA	Female	11	4
134	PA	Female	6	8.76
135	PA	Female	15	8.76
136	PA	Female	12	10
137	PA	Male	9	8.76
138	PA	Male	2	8.76

139	PA	Female	15	8.76
140	PA	Female	4	3
141	PA	Male	11	8.76
142	PA	Male	6	8.76
143	PA	Male	1	8.76
144	PA	Male	5	8
145	PA	Female	19	8.76
146	PA	Female	9	8.76
147	PA	Female	7	8.76
148	PA	Male	18	8.76
149	PA	Female	10.6	8.76
150	PA	Female	20	8.76
151	PA	Female	12	10
152	PA	Female	12	8.76

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
153	PA	Female	6	5
154	PA	Female	3	8.76
155	PA	Male	10	8.76
156	PA	Male	2	10
157	PA	Female	0	1
158	PA	Male	23	8.76
243	PA	Male	10	8.76
245	PA	Male	13	2
247	PA	Female	10	8.76
249	PA	Female	20	8.76
251	PA	Female	21	6
253	PA	Male	1	0
255	PA	Female	3	2
257	PA	Female	4	14
259	PA	Female	14	14
261	PA	Female	25	10
263	PA	Male	8	8.76
265	PA	Male	7	11
267	PA	Male	2	10
269	PA	Female	29	26
271	PA	Male	12	5
273	PA	Male	15	4
275	PA	Male	7	8.76
277	PA	Female	27	3
279	PA	Male	20	12
281	PA	Female	25	23
283	PA	Male	5	8.76

285	PA	Male	7	8.76
287	PA	Female	21	20
289	PA	Female	45	20
291	PA	Female	9	8.76
293	PA	Female	14	20
295	PA	Female	10.6	25
297	PA	Male	10.6	8.76
299	PA	Female	6	7
301	PA	Female	23	19
303	PA	Female	21	3
305	PA	Female	12	5

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
306	PA	Female	18	16
307	PA	Male	7	9
308	PA	Female	23	15
309	PA	Male	18	8.76
310	PA	Female	21	10
317	PA	Male	6	4
318	PA	Male	8	4
319	PA	Male	9	10
320	PA	Male	11	9
321	PA	Male	9	12
322	PA	Male	7	8
323	PA	Female	8	6
324	PA	Male	10.6	8
325	PA	Male	6	6
326	PA	Female	7	0
327	PA	Male	9	9
328	PA	Male	9	6
329	PA	Female	22	15
330	PA	Female	22	9
331	PA	Female	12	25
332	PA	Female	16	5
333	PA	Female	28	30
334	PA	Female	10	10
335	PA	Female	15	17
336	PA	Female	10	8
337	PA	Female	20	6
338	PA	Female	22	16
339	PA	Female	19	9
340	PA	Female	0	9
341	PA	Female	0	17
342	PA	Female	15	23
343	PA	Female	14	6

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
344	PA	Female	10	8
345	PA	Female	14	10
346	PA	Male	5	0
347	PA	Female	10.6	8.76
348	PA	Male	6	3
349	PA	Male	4	6
350	PA	Male	10.6	8.76
351	PA	Female	16	13
352	PA	Female	6	3
196	PA	Male	6	8
198	PA	Male	6	5
200	PA	Male	13	5
202	PA	Male	5	9
203	PA	Male	3	1
204	PA	Male	8	4
205	PA	Female	6	2
206	PA	Male	6	5
207	PA	Male	4	8
208	PA	Male	3	1
209	PA	Female	6	2
210	PA	Male	7	4
211	PA	Male	16	5
212	PA	Male	13	8.76
213	PA	Male	15	11
214	PA	Male	0	2
215	PA	Male	22	19
216	PA	Female	9	18
217	PA	Male	10	7
218	PA	Female	20	8.76
219	PA	Female	17	18
220	PA	Female	8	15
221	PA	Female	12	20
222	PA	Female	10	23
223	PA	Female	9	7
224	PA	Female	9	13
225	PA	Female	3	6
226	PA	Male	16	6
227	PA	Female	6	8

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
228	PA	Male	14	11
229	PA	Female	6	14
230	PA	Female	15	5
231	PA	Female	14	13

232	PA	Female	14	22
233	PA	Female	17	11
731	PA	Male	5	8.76
733	PA	Female	10.6	8.76
735	PA	Female	10.6	8.76
737	PA	Female	10.6	8.76
739	PA	Female	10.6	8.76
741	PA	Female	10.6	8.76
743	PA	Female	10.6	8.76
745	PA	Female	10.6	8.76
747	PA	Male	10.6	8.76
749	PA	Female	10.6	8.76
751	PA	Male	10.6	8.76
753	PA	Female	10.6	8.76
755	PA	Female	10.6	8.76
757	PA	Male	10.6	8.76
759	PA	Male	10.6	8.76
761	PA	Male	10.6	8.76
763	PA	Female	10.6	8.76
765	PA	Female	10.6	8.76
767	PA	Male	10.6	8.76
769	PA	Male	10.6	8.76
771	PA	Male	10.6	8.76
773	PA	Female	10.6	8.76
775	PA	Male	10.6	8.76
777	PA	Male	10.6	8.76
779	PA	Female	10.6	8.76
781	PA	Male	10.6	8.76
783	PA	Male	10.6	8.76
785	PA	Male	10.6	8.76
787	PA	Male	10.6	8.76
789	PA	Female	10.6	8.76

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
791	PA	Male	10.6	8.76
793	PA	Male	10.6	8.76
795	PA	Female	10.6	8.76
797	PA	Male	10.6	8.76
798	PA	Male	10.6	8.76
799	PA	Male	10.6	8.76
800	PA	Female	10.6	8.76
801	PA	Male	10.6	8.76
802	PA	Female	10.6	8.76
234	PA	Male	7	10
235	PA	Male	3	0

236	PA	Male	6	4
237	PA	Male	9	6
238	PA	Male	0	0
239	PA	Male	7	4
240	PA	Male	9	8.76
241	PA	Male	4	1
242	PA	Male	11	8
244	PA	Male	2	0
246	PA	Male	18	8
248	PA	Male	6	1
250	PA	Male	2	2
252	PA	Male	7	3
254	PA	Male	0	0

256	PA	Male	1	2
258	PA	Male	6	4
260	PA	Male	1	8.76
262	PA	Male	0	0
264	PA	Male	6	2
266	PA	Male	10	12
268	PA	Male	6	2
270	PA	Male	6	6
272	PA	Male	16	24
274	PA	Female	6	10
276	PA	Female	0	8.76
278	PA	Female	10.6	31
280	PA	Female	15	26
282	PA	Female	8	7
284	PA	Female	8	10
286	PA	Female	21	19
288	PA	Female	15	6
290	PA	Male	8	8.76
292	PA	Female	7	20
294	PA	Male	25	25
296	PA	Female	15	13
298	PA	Female	10	6
300	PA	Female	1	1
302	PA	Female	11	24
304	PA	Female	16	8.76
1	PA	Male	7	0
2	PA	Male	4	0
3	PA	Male	14	9
4	PA	Male	3	2
5	PA	Male	15	6
6	PA	Male	12	5
7	PA	Male	5	8

8	PA	Male	20	11
9	PA	Male	12	5
10	PA	Male	5	2
11	PA	Male	7	7
12	PA	Male	10	5
13	PA	Male	19	6
14	PA	Male	1	1
15	PA	Male	0	0
16	PA	Male	10.6	8.76
17	PA	Male	20	15
18	PA	Male	6	2
19	PA	Male	21	5
20	PA	Male	8	14
21	PA	Male	10	12
22	PA	Male	4	0
23	PA	Male	12	1

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
24	PA	Male	5	5
25	PA	Male	7	5
26	PA	Male	7	1
27	PA	Female	10	4
28	PA	Female	3	2
29	PA	Female	10	10
30	PA	Female	9	9
31	PA	Female	6	12
32	PA	Female	11	1
33	PA	Female	11	20
34	PA	Female	20	19
35	PA	Female	16	11
36	PA	Female	12	2
37	PA	Female	12	7
38	PA	Female	20	18
39	PA	Female	15	28
40	PA	Male	11	14
41	PA	Female	10	0
82	PA	Female	16	13
84	PA	Male	12	12
85	PA	Female	12	17
86	PA	Male	20	18
87	PA	Male	15	28
88	PA	Female	11	14
89	PA	Male	10	9
90	PA	Female	10.6	8.76
91	PA	Female	16	15

92	PA	Male	14	13
93	PA	Female	16	11
94	PA	Male	12	12
95	PA	Male	22	19
96	PA	Female	9	18
97	PA	Female	10	7
98	PA	Male	20	14
99	PA	Male	17	18
100	PA	Female	8	15
101	PA	Female	12	20
102	PA	Male	10	23
103	PA	Male	19	17
104	PA	Female	8	13

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
105	PA	Female	13	16
106	PA	Male	16	9
107	PA	Female	16	18
108	PA	Male	12	11
109	PA	Female	6	14
110	PA	Male	15	5
111	PA	Female	14	13
112	PA	Male	14	22
113	PA	Male	11	13
114	PA	Male	10	9
115	PA	Male	12	17
116	PA	Male	11	16
117	PA	Male	9	7
118	PA	Male	18	16
559	Yoga	Male	9	9
560	Yoga	Female	6	8.76
561	Yoga	Female	6	8
562	Yoga	Male	11	10
563	Yoga	Female	10.6	8.76
564	Yoga	Female	15	2
565	Yoga	Female	5	0
566	Yoga	Female	20	14
567	Yoga	Male	11	7
568	Yoga	Female	17	7
569	Yoga	Male	5	15
570	Yoga	Female	0	12
571	Yoga	Female	0	9
572	Yoga	Male	4	2
573	Yoga	Male	17	6
574	Yoga	Female	8	14

575	Yoga	Male	10.6	16
576	Yoga	Female	16	19
577	Yoga	Male	10	0
578	Yoga	Male	7	9
579	Yoga	Male	18	4
580	Yoga	Female	17	16
581	Yoga	Male	5	1
582	Yoga	Male	13	8.76

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
583	Yoga	Male	3	5
584	Yoga	Female	11	20
585	Yoga	Female	2	8
586	Yoga	Female	4	6
587	Yoga	Male	4	7
588	Yoga	Male	18	14
589	Yoga	Female	8	3
590	Yoga	Female	21	8.76
354	Yoga	Male	7	8.76

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
355	Yoga	Female	7	8.76
356	Yoga	Male	1	8.76
360	Yoga	Female	3	8.76
361	Yoga	Male	1	8.76
362	Yoga	Female	27	15
363	Yoga	Female	1	8.76
364	Yoga	Male	5	4
365	Yoga	Male	8	0
366	Yoga	Male	11	6
367	Yoga	Female	18	8.76
368	Yoga	Female	18	8.76
369	Yoga	Female	10.6	8.76
370	Yoga	Male	0	8.76
371	Yoga	Female	17	10
372	Yoga	Male	10.6	8.76
373	Yoga	9999	4	1
374	Yoga	Male	3	4
375	Yoga	Female	14	8.76
376	Yoga	Female	5	1
377	Yoga	Female	8	10
378	Yoga	Male	2	8.76
379	Yoga	Male	8	8.76
380	Yoga	Male	8	8.76
381	Yoga	Female	1	5

382	Yoga	Male	9	8.76
383	Yoga	Female	10.6	8.76
384	Yoga	Female	22	8.76
385	Yoga	Male	0	0
386	Yoga	Female	13	7
387	Yoga	Female	17	12
388	Yoga	Female	4	1
389	Yoga	Male	4	8.76
390	Yoga	Male	6	8.76
391	Yoga	Female	4	8.76
392	Yoga	Male	5	8.76
393	Yoga	Female	4	8.76
394	Yoga	Male	20	8.76
396	Yoga	Male	10.6	8.76
437	Yoga	Male	1	8.76
438	Yoga	Female	13	8.76
439	Yoga	Male	4	8.76
440	Yoga	Female	1	8.76
441	Yoga	Male	0	1
442	Yoga	Female	12	8.76
443	Yoga	Male	2	8.76

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
444	Yoga	Female	19	8.76
445	Yoga	Female	13	8.76
446	Yoga	Male	0	8.76
447	Yoga	Female	15	8.76
448	Yoga	Male	13	8.76
449	Yoga	Female	11	8.76
450	Yoga	Female	6	8
451	Yoga	Female	5	8.76
452	Yoga	Female	10	8.76
453	Yoga	Female	18	8.76
454	Yoga	Male	4	8.76
455	Yoga	Female	9	8.76
456	Yoga	Female	9	8.76
457	Yoga	Female	5	8.76
458	Yoga	Female	14	8.76
459	Yoga	Female	9	8.76
460	Yoga	Female	3	8.76
461	Yoga	Male	3	8.76
462	Yoga	Female	4	8.76
463	Yoga	Male	1	8.76
464	Yoga	Male	7	8.76
465	Yoga	Male	1	8.76

466	Yoga	Male	8	8.76
467	Yoga	Female	13	8.76
468	Yoga	Female	5	8.76
469	Yoga	Male	0	8.76
470	Yoga	Male	6	8.76
471	Yoga	Male	7	10
473	Yoga	Female	2	8.76
475	Yoga	Male	1	0
477	Yoga	Female	2	8.76
479	Yoga	Female	16	8.76
481	Yoga	Male	8	1
608	Yoga	Male	10.6	8.76
610	Yoga	Female	1	0
612	Yoga	Female	9	0
614	Yoga	Female	12	8.76
616	Yoga	Female	15	8.76
618	Yoga	Female	12	4
620	Yoga	Male	3	6
622	Yoga	Male	5	8
624	Yoga	Male	10.6	8.76
626	Yoga	Male	2	1
628	Yoga	Male	7	8.76

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
630	Yoga	Male	10.6	8.76
632	Yoga	Female	10	8.76
634	Yoga	Female	16	8
636	Yoga	Female	16	13
638	Yoga	Female	10.6	8.76
640	Yoga	Male	5	8.76
642	Yoga	Female	1	8.76
644	Yoga	Female	5	4
646	Yoga	Female	10	13
648	Yoga	Male	1	8.76
650	Yoga	Male	10	8.76
652	Yoga	Male	11	10
654	Yoga	Male	10	8.76
656	Yoga	Male	3	8.76
658	Yoga	Female	29	10
660	Yoga	Female	10.6	8.76
662	Yoga	Male	7	10
664	Yoga	Male	5	5
666	Yoga	Female	15	8.76
668	Yoga	Female	24	8.76
670	Yoga	Female	13	10

671	Yoga	Female	1	0
672	Yoga	Female	2	2
673	Yoga	Male	0	0
674	Yoga	Female	13	8.76
675	Yoga	Female	25	8.76
676	Yoga	Female	13	12
677	Yoga	Female	10.6	8.76
678	Yoga	Female	8	8.76
710	Yoga	Female	2	0
712	Yoga	Female	11	10
714	Yoga	Male	2	8.76
716	Yoga	Female	10	8
718	Yoga	Female	1	8.76
720	Yoga	Female	6	2
722	Yoga	Female	3	8
740	Yoga	Female	15	23
762	Yoga	Male	17	21
764	Yoga	Female	21	17
766	Yoga	Male	28	13
768	Yoga	Male	16	5
770	Yoga	Male	15	12
772	Yoga	Male	12	16
774	Yoga	Male	10.6	8.76
776	Yoga	Male	15	15
778	Yoga	Male	30	18
780	Yoga	Female	25	25
782	Yoga	Female	13	8
784	Yoga	Female	10.6	8.76
786	Yoga	Female	10.6	8.76
788	Yoga	Male	10.6	8.76
790	Yoga	Male	10.6	8.76
792	Yoga	Male	10.6	8.76
794	Yoga	Male	10.6	8.76

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
796	Yoga	Male	10.6	8.76
515	Yoga	Male	9	4
516	Yoga	Male	6	5
517	Yoga	Male	14	5
518	Yoga	Female	16	7
519	Yoga	Male	13	8
520	Yoga	Male	10.6	8.76
521	Yoga	Male	12	3
522	Yoga	Male	10.6	8.76

523	Yoga	Female	13	8
524	Yoga	Male	10.6	8.76
525	Yoga	Female	10	9
526	Yoga	Female	10.6	8.76
527	Yoga	Male	10.6	8.76
528	Yoga	Male	9	3
529	Yoga	Female	18	4
530	Yoga	Male	20	4
531	Yoga	Male	17	6
532	Yoga	Female	10.6	8.76
533	Yoga	Male	10.6	8.76
534	Yoga	Female	21	7
535	Yoga	Female	13	8
536	Yoga	Male	11	6
537	Yoga	Male	18	9
538	Yoga	Female	15	9
539	Yoga	Female	10	5
540	Yoga	Male	19	8
541	Yoga	Female	15	7
542	Yoga	Female	13	6
543	Yoga	Female	11	8
544	Yoga	Female	19	9
545	Yoga	Male	23	14
546	Yoga	Male	10.6	8.76
547	Yoga	Male	9	11
548	Yoga	Female	7	12
549	Yoga	Male	10	9

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
550	Yoga	Female	10.6	8.76
551	Yoga	Female	11	8
552	Yoga	Female	14	6
553	Yoga	Male	10.6	8.76
554	Yoga	Female	10.6	8.76
555	Yoga	Male	11	9
556	Yoga	Male	15	10
557	Yoga	Male	19	13
558	Yoga	Male	10.6	8.76
679	Yoga	Male	4	8.76
680	Yoga	Male	3	8.76
681	Yoga	Male	4	8.76
682	Yoga	Female	5	8.76
683	Yoga	Male	11	8.76
684	Yoga	Male	7	8.76

685	Yoga	Male	16	8.76
686	Yoga	Male	16	8.76
687	Yoga	Male	13	8.76
688	Yoga	Male	1	8.76
689	Yoga	Male	14	8.76
690	Yoga	Male	3	8.76
691	Yoga	Female	14	8.76
692	Yoga	Male	12	8.76
693	Yoga	Male	2	8.76
694	Yoga	Female	14	8.76
695	Yoga	Female	16	8.76
696	Yoga	Female	10	8.76
697	Yoga	Female	10	8.76
698	Yoga	Female	7	8.76
699	Yoga	Female	11	8.76
700	Yoga	Female	13	8.76
701	Yoga	Female	5	8.76
702	Yoga	Female	24	8.76
703	Yoga	Female	23	8.76
704	Yoga	Male	6	8.76
705	Yoga	Female	7	8.76
706	Yoga	Female	14	8.76
707	Yoga	Female	7	8.76
708	Yoga	Female	9	8.76
709	Yoga	Female	13	8.76

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
711	Yoga	Female	12	8.76
713	Yoga	Female	7	8.76
715	Yoga	Female	6	8.76
717	Yoga	Male	13	8.76
719	Yoga	Female	11	8.76
721	Yoga	Female	8	8.76
723	Yoga	Female	19	8.76
725	Yoga	Female	8	8.76
727	Yoga	Female	13	8.76
729	Yoga	Female	3	8.76
599	Yoga	Male	6	8.76
600	Yoga	Male	12	4
601	Yoga	Male	2	1
602	Yoga	Male	0	19
603	Yoga	Male	4	2
604	Yoga	Male	7	7
605	Yoga	Male	6	1

606	Yoga	Male	6	2
607	Yoga	Male	16	6
609	Yoga	Male	10.6	0
611	Yoga	Male	10.6	9
613	Yoga	Male	15	12
615	Yoga	Female	12	2
617	Yoga	Male	10.6	8.76
619	Yoga	Male	11	2
621	Yoga	Male	15	13
623	Yoga	Male	5	2
625	Yoga	Male	4	5
627	Yoga	Male	13	8.76
629	Yoga	Male	16	11
631	Yoga	Male	7	15
633	Yoga	Female	13	3
635	Yoga	Female	21	7
637	Yoga	Female	3	7

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
639	Yoga	Female	12	20
641	Yoga	Female	16	5
643	Yoga	Female	23	16
645	Yoga	Female	12	23
647	Yoga	Female	7	8
649	Yoga	Female	6	35
651	Yoga	Female	7	15
653	Yoga	Female	7	15
655	Yoga	Female	5	5
399	Yoga	Male	9	3
400	Yoga	Male	1	5
401	Yoga	Female	7	2
402	Yoga	Male	13	2
403	Yoga	Male	15	1
404	Yoga	Male	2	3
405	Yoga	Male	4	4
406	Yoga	Male	2	5
407	Yoga	Male	10	6
408	Yoga	Male	1	3
409	Yoga	Male	12	0
410	Yoga	Male	12	11
411	Yoga	Male	10	7
412	Yoga	Male	13	13
413	Yoga	Male	12	14
414	Yoga	Male	15	2
415	Yoga	Male	13	7

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s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
416	Yoga	Male	20	11
417	Yoga	Male	18	9
418	Yoga	Male	8	1
419	Yoga	Male	20	8
420	Yoga	Male	4	7
421	Yoga	Female	6	7
435	Yoga	Female	15	2
436	Yoga	Female	1	3
472	Yoga	Female	11	9
474	Yoga	Male	14	8
476	Yoga	Male	17	7
478	Yoga	Female	19	9
480	Yoga	Male	11	10
482	Yoga	Female	13	12
483	Yoga	Male	9	11
484	Yoga	Female	10	9
485	Yoga	Male	16	10
486	Yoga	Female	14	5
487	Yoga	Male	19	4
488	Yoga	Male	14	8
489	Yoga	Female	11	6
490	Yoga	Male	11	10
491	Yoga	Female	13	4

s.no	YOGA1PA0	sexMALE1FEMALE0	FBTpre_1	FBTpos_1
492	Yoga	Male	19	3
493	Yoga	Male	8	2
494	Yoga	Female	7	1
495	Yoga	Female	6	0
496	Yoga	Male	19	1
497	Yoga	Male	9	2
498	Yoga	Female	10	11
499	Yoga	Male	12	9
500	Yoga	Female	5	3
501	Yoga	Male	8	4
502	Yoga	Male	7	5
503	Yoga	Male	12	8
504	Yoga	Male	18	9
505	Yoga	Male	20	12
506	Yoga	Male	9	5
507	Yoga	Male	11	9
508	Yoga	Male	13	10
509	Yoga	Male	10	10

510	Yoga	Male	12	4
511	Yoga	Female	10.6	8.76
512	Yoga	Female	10.6	8.76
513	Yoga	Female	10.6	8.76
514	Yoga	Female	10.6	8.76

## SHORT BROAD JUMP

s.no	YOGA1P A0	sexMALE1FEMA LE0	SBJ1_ 1	SBJ2_ 1	SBJ3_ 1	SBJ11 _1	SBJ12 _1	SBJ13 _1
159	PA	Female	40	4.42	5.22	44	4.58	4.74
160	PA	Female	3.9	3.7	3.11	3.11	4	4
161	PA	Male	2.11	3.4	3	3	3.1	3.4
162	PA	Female	3.9	3.11	3.8	3.5	4.2	3.11
163	PA	Female	3.3	3.4	3.7	3.9	3.8	3.8
164	PA	Female	3	3.4	3.11	4.58	4.74	4.76
165	PA	Male	4.42	5.22	4.57	3.6	4.1	4.5
166	PA	Male	3.11	4.9	5.1	5	5.1	5
167	PA	Female	3.6	3.1	3.9	4.58	4.74	4.76
168	PA	Male	4.3	4.11	5.4	4.7	5.5	5.3
169	PA	Male	4.7	4.11	4.9	4.11	5.4	5.6
170	PA	Female	3.3	3.4	3.2	2.11	2.4	2.11
171	PA	Male	4.9	4.8	4.11	4.58	4.74	4.76
172	PA	Male	4.9	4.11	4.11	4.6	4.1	4.7
188	PA	Male	4.6	4.11	4.7	4.3	4.4	4.2
189	PA	Male	4.1	4.3	4.5	4.2	4.2	4.7
190	PA	Male	4.5	4.7	4.2	4.9	5.1	5.6
191	PA	Female	3.11	4.5	4.9	3.5	4.11	4.6
192	PA	Female	5.1	5.5	5.8	5.5	5.5	5.2
193	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
194	PA	Male	4.6	4.3	4.6	4.4	4.6	4.4
195	PA	Female	4.2	4.3	4.4	3.1	4	4.3
197	PA	Male	3.6	3.7	3.11	3.8	3.6	3.7
199	PA	Male	4.6	4.3	5	4.4	4.7	4.4
s.no	YOGA1P A0	sexMALE1FEMA LE0	SBJ1_ 1	SBJ2_ 1	SBJ3_ 1	SBJ11 _1	SBJ12 _1	SBJ13 _1
201	PA	Male	4.7	4.8	4.11	4.3	4.8	4.7
42	PA	Male	6.4	6.4	6.7	6.1	6.6	6.6
43	PA	Female	3.6	3.4	3.2	3.6	3.6	3.4
44	PA	Male	3.7	4	4.7	4	4.1	4.3
45	PA	Male	4	4.3	4.2	4.2	4.2	4.4
46	PA	Female	3.7	3.11	4.6	4.7	4	4
47	PA	Female	4.4	4.3	4.4	4.6	4.3	4.5
48	PA	Female	3.11	3.4	3.4	3.8	4	3.9

49	PA	Female	4.1	4.3	4.5	4.1	4.3	4.2
50	PA	Female	4.3	4.2	3.11	4.1	3.9	4.3
51	PA	Female	2.11	2.8	2.4	2.11	3.5	2.6
52	PA	Female	3.11	3.9	4.1	3.8	3.9	4
53	PA	Male	3.11	4	4.5	3.6	3.3	3.7
54	PA	Male	5.8	5.9	5.5	5.2	5.4	5.3
55	PA	Female	3.11	4.2	4.7	4.1	4.2	4
56	PA	Male	4.11	5.1	5.2	4.7	4.9	5
57	PA	Female	4	4.2	4.7	4.9	4	4.5
58	PA	Female	2.5	2.8	3.2	2.3	2.4	3
59	PA	Male	5.11	6	5.11	5.3	5.4	5.4
60	PA	Male	4.3	4.8	4.7	4.4	4.5	4.6
61	PA	Female	3.9	3.3	3.3	3.4	2.11	2.8
62	PA	9999	3.11	4.9	5	4.4	4.6	4.5
63	PA	Female	4.42	5.22	4.57	4.11	5	5.3
64	PA	Female	3.11	4.1	4.3	4.1	4	4
65	PA	Female	3.3	3.2	3.7	3.5	3.7	3.5
66	PA	Male	6.1	6.5	6.5	5.7	5.8	6
67	PA	Male	4.6	4.6	4.6	4.7	4.7	4.7
68	PA	Male	5.1	5.6	5.5	5	5.1	5
69	PA	Male	5	5.4	5.5	5.4	5.6	5.5
70	PA	Male	5.1	5.2	5.1	5	5.1	5.1
71	PA	Male	4.4	4.1	4.3	4.3	4.4	4.3
72	PA	Female	4.4	5	4.8	3.6	4.2	4.1
73	PA	Male	5.9	5.6	5.2	5.1	5.3	5.3
74	PA	Female	3.3	3.11	4	3.6	3.7	3.6
75	PA	Female	3.8	4.7	4.8	3.8	4	4.4
76	PA	Female	6.9	6.8	6.11	6.5	6.5	7.1
77	PA	Male	5.1	5	5	5	5.1	5.1
78	PA	Female	4.11	4.8	4.11	4.3	4.3	4.2

s.no	YOGA1P A0	sexMALE1FEMA LE0	SBJ1 _1	SBJ2 _1	SBJ3 _1	SBJ11 _1	SBJ12 _1	SBJ13 _1
79	PA	Male	7	7.5	7.3	6.5	6.6	6.6
80	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
81	PA	Male	4.11	5.1	5.2	4	4.4	4.9
83	PA	Male	4.6	4.11	5	4.9	4.8	4.11
119	PA	Male	6.5	6.3	6.7	6	6.3	6.4
120	PA	Male	5.8	5.11	5.11	5	5.1	5.3
121	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
123	PA	Male	5.11	5.7	5.6	5	5.8	6
124	PA	Male	7.6	7.3	7.6	6.9	7.2	7.1
125	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
126	PA	Male	5.5	5.6	5.7	5.6	5.7	5.8

127	PA	Female	2.11	2.5	3.1	2.5	2.7	2.7
128	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
129	PA	Male	5.1	4.11	4.11	4.2	4.3	4.3
130	PA	Female	5.6	5.6	5.7	5.6	5.5	5.7
131	PA	Female	3.9	3.2	3.6	3.3	3.4	3.6
132	PA	Female	2.5	2.5	3	2.7	2.9	2.9
133	PA	Female	4.9	4.11	3.1	3.6	3.9	2.11
134	PA	Female	3.6	3.7	3.3	3.6	3.8	3.7
135	PA	Female	4.8	4.11	5.1	4.2	4.2	4.7
136	PA	Female	4.3	4.5	4.7	3.9	3.4	4
137	PA	Male	5.2	4.11	4.9	4.1	4.2	4.4
138	PA	Male	6.2	6.3	6.3	6	6.2	6.3
139	PA	Female	4.2	4.6	4.5	4.8	4.4	4.7
140	PA	Female	3.8	4.3	4.2	3.2	3.8	3.4
141	PA	Male	6.2	6.7	6.6	6.7	6.7	6.6
142	PA	Male	6.2	6.6	7.2	6.6	7	6.8
143	PA	Male	5.11	6	6	6.1	6	6
144	PA	Male	5.8	6.3	6.5	5.5	5.8	6.1
145	PA	Female	4.4	4.7	4.5	4.6	4.8	4.7
146	PA	Female	5.6	5.1	5.3	5.3	5	5.2
147	PA	Female	4	3.8	3.4	3.9	4	3.8
148	PA	Male	3.11	3.11	3.9	3.2	3.3	3.4
149	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
150	PA	Female	4.2	4.3	4.3	4.1	4.2	4.2
151	PA	Female	3.11	3.9	3.7	3.7	3.9	3.6
152	PA	Female	4.5	4.1	3.2	4	4.1	3.9

s.no	YOGA1P A0	sexMALE1FEMA LE0	SBJ1 _1	SBJ2 _1	SBJ3 _1	SBJ11 _1	SBJ12 _1	SBJ13 _1
153	PA	Female	2.11	3.11	3.6	3.7	3.7	3.11
154	PA	Female	4.6	4.4	3.11	4.3	4	3.9
155	PA	Male	3.11	3.11	4	3.6	3.8	4
156	PA	Male	5.7	6.2	6.3	5.7	5.6	5.6
157	PA	Female	5.11	6.1	6.4	6	6.1	6.1
158	PA	Male	4.11	4.9	4.4	4.8	4.8	5
243	PA	Male	4.8	4.5	4.8	4.7	4.3	4.4
245	PA	Male	4.8	5.1	5.2	4.2	4.4	4.4
247	PA	Female	4.2	4.2	4	4.4	4.5	4.5
249	PA	Female	3.4	3.4	3.5	3.4	3.5	3.4
251	PA	Female	5.5	4.8	4.1	4.4	4.3	4.5
253	PA	Male	4.6	5.6	5.6	5	5.3	5.9
255	PA	Female	2.9	2.9	3.1	2.9	2.11	3
257	PA	Female	3.11	36.1	4.1	3.8	3.5	3.8
259	PA	Female	3.5	3.3	3.2	2.6	2.11	2.8

261	PA	Female	2.8	3.6	3.11	3.5	3.11	3.4
263	PA	Male	5.8	5.1	6	5	4.9	5.3
265	PA	Male	5.6	5.1	5.3	5.4	5.6	5.4
267	PA	Male	4.7	4.11	5.2	4.6	4.7	4.6
269	PA	Female	2.2	2.6	2.2	2.4	2.6	2.6
271	PA	Male	3.9	3.6	3.8	3.5	3.9	3.11
273	PA	Male	5	4.1	5	4.6	4.2	4.11
275	PA	Male	5.6	5.5	5.9	5	5.3	5.5
277	PA	Female	3.9	3.11	3.7	3.6	4	3.7
279	PA	Male	4.5	4	4.1	5.11	4	4.4
281	PA	Female	2.1	3.4	3.4	2.11	3.2	3.3
283	PA	Male	4.6	4.7	4.8	4.8	4.7	4.7
285	PA	Male	3.9	4.5	4.11	4.6	4.5	4.7
287	PA	Female	3.8	4.1	3.1	3.9	3.5	3.7
289	PA	Female	2.1	2.8	3	2.7	2.5	2.9
291	PA	Female	3.7	3.5	3.5	4.3	4.4	4.5
293	PA	Female	3.2	3.4	3.1	3.1	2.7	3
295	PA	Female	2.1	2.7	2.5	2.9	3.1	2.11
297	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
299	PA	Female	3	3.6	3.4	3.2	3	2.11
301	PA	Female	3.7	3.3	2.9	3	2.8	3.4
303	PA	Female	4	3.11	4.2	3.7	3.8	4
305	PA	Female	4.1	4.6	4.5	3.11	2.11	3

s.no	YOGA1P A0	sexMALE1FEMA LE0	SBJ1 _1	SBJ2 _1	SBJ3 _1	SBJ11 _1	SBJ12 _1	SBJ13 _1
306	PA	Female	4.3	3.9	4.3	4.4	4	3.11
307	PA	Male	5.4	5.5	5.8	5.2	5.3	5
308	PA	Female	3	3.6	2.1	2.8	3.1	3.3
309	PA	Male	5	5.3	5.2	5.1	4.9	5.2
310	PA	Female	2.9	2.7	3.2	2.7	3.3	2.11
311	PA	Male	6	6.2	5.11	5	4.7	4.5
312	PA	Female	4.1	3.1	3.9	3.9	3.8	3.5
313	PA	Male	5	5.4	5.6	4.8	5.4	5.4
314	PA	Male	4.8	4.3	4.8	4.6	4.7	4.7
315	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
316	PA	Male	5.3	5.7	5.1	5.6	5.8	6
317	PA	Male	5.9	6.3	6	6.2	6.5	6.4
318	PA	Male	5.6	5.9	5.5	5.1	5.6	5.7
319	PA	Male	4.3	4.3	4.1	3.8	3.1	4
320	PA	Male	4.2	4.4	4.2	4.1	4.2	4.7
321	PA	Male	4.7	5	4.1	5.3	5.1	5.4
322	PA	Male	3.9	4.4	4.4	4	4.3	4.2
323	PA	Female	3.7	3.5	3.9	4	4.1	4.6

324	PA	Male	4.5	4.6	4.3	4.4	4.6	4.8
325	PA	Male	5.1	5.3	5.6	5.2	5.4	5.4
326	PA	Female	4.9	5	5.3	5.1	5.2	5.4
327	PA	Male	4.2	4.6	4.1	4.6	4.7	4.8
328	PA	Male	4.3	4.1	4.9	4.6	4.8	4.6
329	PA	Female	4	3.7	3.6	3.1	3.1	3.1
330	PA	Female	3.8	3.1	3.7	3.1	4.1	4.1
331	PA	Female	4.7	4.1	5.3	5.2	5.4	5.5
332	PA	Female	4.8	3.1	4.4	4.1	3.1	3.1
333	PA	Female	4.11	4.1	4.1	5.1	5.3	5.3
334	PA	Female	3.2	3.6	3.4	2.1	2.9	3.4
335	PA	Female	4	4.7	5.5	3.1	4.1	5.6
336	PA	Female	3.7	3.7	3.8	3.9	3.9	3.1
337	PA	Female	3.9	3.7	3.1	3.3	3.4	3.2
338	PA	Female	3.7	3.1	3.1	3.9	3.4	3.7
339	PA	Female	4.1	3.9	3.5	2.1	2.1	2.1
340	PA	Female	3.5	3.2	3.4	2.1	3.1	3.8
341	PA	Female	3.11	4.1	4.3	3.9	3.6	3.7
342	PA	Female	4.7	4.7	5.3	4.6	4.1	4.1
343	PA	Female	3.7	4.1	4	3.1	4.1	3.1

349	PA	Male	5.2	4.8	4.1	4.1	4.1	4.7
350	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
351	PA	Female	4.6	4.2	4.1	4.1	4.1	5.2
352	PA	Female	5.5	5.8	5.7	5.6	5.2	5.6
196	PA	Male	4.42	5.22	4.57	5.1	6.8	6.1
198	PA	Male	6.8	7.4	6.1	7.1	5.8	7.4
200	PA	Male	5	5.1	5.4	5.4	4.9	4.1
202	PA	Male	5.2	4.1	4.6	5.4	5.2	5.5
203	PA	Male	4.11	4.1	5.2	5.2	5.6	5.3
204	PA	Male	4.7	4.9	4.9	4.9	4.9	5.2
205	PA	Female	5	4.1	5.6	5.3	5.2	5.9
206	PA	Male	5.5	5.6	5.7	5.1	5.1	6.2
207	PA	Male	4.11	5.4	5.3	5.1	5.8	6
208	PA	Male	6.11	4.8	4.9	6.1	7.1	7
209	PA	Female	5	4.8	4.9	5.2	4.9	5
210	PA	Male	5.11	5.2	6.3	4.58	4.74	4.76
211	PA	Male	5.8	5.9	5.9	5.8	5.1	6
212	PA	Male	5.5	5.5	5.7	4.58	4.74	4.76
213	PA	Male	4.5	4.3	4.4	4.8	4.1	4.9
214	PA	Male	6.9	6.1	7.1	7.1	7.2	7.2
215	PA	Male	3.7	4.5	4	4.3	4.4	4.4
216	PA	Female	3.5	3.1	4.3	4	3.1	4.1
217	PA	Male	4.1	5.3	5	4.8	4.8	4.8

218	PA	Female	4.4	3.1	4.3	3.1	47	4.1
219	PA	Female	4.7	4.4	4.4	3.1	4	4.1
220	PA	Female	3.11	4.4	3.8	3.9	3.1	4.4
221	PA	Female	4.1	4.1	4.3	4	4.6	4.3
222	PA	Female	4.4	3.8	4.1	4.1	3.1	3.8
223	PA	Female	3.8	3.4	3.3	3.3	3.3	3.2
224	PA	Female	3.8	3.4	3.3	4.6	4.5	4.3
225	PA	Female	4.4	4.4	4.7	4.6	4.8	5
226	PA	Male	5.3	5.5	5.6	5.6	5.9	5.8
227	PA	Female	3.11	4.7	4.9	4.8	4.1	4.9

s.no	YOGA1P A0	sexMALE1 FEMALE0	SBJ1_ 1	SBJ2_ 1	SBJ3_ 1	SBJ11_ 1	SBJ12_ 1	SBJ13_ 1
228	PA	Male	4.2	3.4	3.1	3.1	3.7	2.1
229	PA	Female	2.5	2.8	2.9	2.1	2.9	2.8
230	PA	Female	4.5	4.9	5	4.9	5.1	5.3
231	PA	Female	4.9	4.9	4.1	5.4	5.5	5.4
232	PA	Female	3.5	3.5	5.2	4	3.8	3.9
233	PA	Female	4.4	4.2	4.5	4.7	4.7	4.1
731	PA	Male	4.1	4.7	4.6	4.9	5	5.4
733	PA	Female	3.3	4.5	3.9	5.9	5.8	5.8
735	PA	Female	3.5	3.7	3.7	5.3	5.7	5.8
737	PA	Female	3.11	3.8	3.11	5.1	5.5	5.6
739	PA	Female	3.4	4	3.6	5.1	5.5	5.5
741	PA	Female	4	4.5	4.7	5.3	5.3	5.8
743	PA	Female	4.1	4.8	4.9	5.8	6	6.1
745	PA	Female	4.11	4.11	4.11	4.8	5	5.3
747	PA	Male	3.3	3.7	3.9	5.1	4.9	5.4
749	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
751	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
753	PA	Female	4.1	5	4.9	5.8	6	6.1
755	PA	Female	4.7	4.11	5.3	5.3	5.6	5.5
757	PA	Male	4.9	4.7	4.3	5.9	5.9	6
759	PA	Male	3.8	3.9	3.3	5.7	5.3	5.9
761	PA	Male	3.3	4.5	3.9	5.9	5.8	5.8
763	PA	Female	3.5	3.7	3.7	5.3	5.7	5.8
765	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
767	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
769	PA	Male	4.6	4.6	4.11	4.9	4.9	4.8
771	PA	Male	3.2	2.9	3	4.2	3.8	3.5
773	PA	Female	2.11	3.5	3.4	3.2	4.2	3.11
775	PA	Male	3.1	3.1	3.2	3.3	3.2	3.1
777	PA	Male	2.11	3.6	3.6	3.9	3.8	3
779	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
781	PA	Male	4.9	4.7	4.9	6	5.9	6

783	PA	Male	4.6	4.8	5	5.7	5.8	5.8
785	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
787	PA	Male	4.6	4.5	4.8	4.9	3.11	4.4
789	PA	Female	4.7	4.7	4.1	4.1	4.5	4.11

s.no	YOGA1P A0	sexMALE1FEMA LE0	SBJ1 _1	SBJ2 _1	SBJ3 _1	SBJ11 _1	SBJ12 _1	SBJ13 _1
791	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
793	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
795	PA	Female	3.7	4.2	4	4.2	4.4	4.2
797	PA	Male	4.5	4.9	4.8	5.7	5.3	5.8
798	PA	Male	5.6	5.7	6	5.6	5.9	6
799	PA	Male	5.7	5.9	5.8	5.9	6	6
800	PA	Female	4.1	4.1	4.6	4.9	4.7	4.9
801	PA	Male	5.5	5.8	5.8	5.2	5.3	5.8
802	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
234	PA	Male	5.3	5	4.9	5	5.1	5.2
235	PA	Male	5.9	5.8	6.2	5.1	5.1	5.1
236	PA	Male	5	5.3	5	5.1	4.1	5.3
237	PA	Male	6.8	6.1	7.3	6.9	6.1	7.4
238	PA	Male	4.11	4.1	5.1	5.4	5.5	5.5
239	PA	Male	5.3	5.4	5.3	5.6	5.6	5.9
240	PA	Male	4.4	4.6	4.1	4.58	4.74	4.76
241	PA	Male	4.1	6	6.2	5.9	6	6.3
242	PA	Male	6.4	6.2	6.5	6.5	6.1	6
244	PA	Male	5.11	5	5.7	5.6	5.1	5.1
246	PA	Male	4	4.5	4.2	4.7	4.6	4.8
248	PA	Male	4.6	4.5	4.6	5.3	5.1	5.7
250	PA	Male	5.7	5.1	6.2	6.1	6.3	6.3
252	PA	Male	4.11	5.1	5.1	4.4	4.1	5
254	PA	Male	5	5.4	5.6	5.1	5.1	5.1

s.no	YOGA1P A0	sexMALE1FEMA LE0	SBJ1 _1	SBJ2 _1	SBJ3 _1	SBJ11 _1	SBJ12 _1	SBJ13 _1
256	PA	Male	6.9	6.9	6.1	7.5	7.4	7.2
258	PA	Male	4.4	4.7	4.8	5	4.9	4.7
260	PA	Male	4.7	5.2	4	4.58	4.74	4.76
262	PA	Male	5.8	6	6.3	6	5.1	6.1
264	PA	Male	4.3	4.9	4.6	4.8	4.8	4.6
266	PA	Male	3.6	3.6	3.6	3.9	3.9	3.1

268	PA	Male	4.11	4.6	4.7	5.4	5	5.4
270	PA	Male	6.7	6.8	6.1	6.5	5.4	6.6
272	PA	Male	4.4	4.6	5	4.1	4.1	4.2
274	PA	Female	4.7	4.7	5	4.1	4.1	4.1
276	PA	Female	3.2	2.8	3.6	2.6	2.4	2.5
278	PA	Female	4.42	5.22	4.57	3.6	3.1	3.1
280	PA	Female	3.11	4.8	4.7	4.6	4.1	4.5
282	PA	Female	4.1	3.1	4.1	3.7	3.9	3.7
284	PA	Female	5.3	5.5	4.3	5.1	5.1	5
286	PA	Female	4.6	4.3	4.4	4.6	4.9	4.5
288	PA	Female	3.11	4.5	4	4.3	4.6	4.3
290	PA	Male	3.11	3.4	3.8	4.58	4.74	4.76
292	PA	Female	4.7	4.6	4.6	4.9	4.8	4.5
294	PA	Male	3.7	3.9	3.5	3.1	3.9	3.8
296	PA	Female	4.2	4.5	4.2	4.5	3.9	3.1
298	PA	Female	5.4	4.1	5.1	4.6	5.7	5.5
300	PA	Female	4.7	4.8	4.3	4.4	4.7	4.5
302	PA	Female	4.3	4.4	4.3	3.2	3.7	3.5
304	PA	Female	3.11	4.3	4.1	4.58	4.74	4.76
1	PA	Male	4.11	5.2	5.5	4.8	5.5	5.3
2	PA	Male	5.5	5.6	5.7	4.1	5	5.3
3	PA	Male	5.2	5	5	5.7	5.4	5.7
4	PA	Male	5.9	5.4	5.1	5.3	5.2	5.5
5	PA	Male	4.6	4.5	4.1	4.2	4.3	4.2
6	PA	Male	4.5	4.5	4.7	4.2	4.1	4.6
7	PA	Male	4.6	4.1	4.1	4.1	5.6	5.6
8	PA	Male	5	5.4	5.5	5.2	5	5.3
9	PA	Male	5.5	5.6	5.3	4.5	5	5.2
10	PA	Male	5.5	5.9	6.2	5.8	6.3	6.1
11	PA	Male	4.11	5.5	5.4	4.1	5.1	5.4
12	PA	Male	4.5	4.2	4	4.9	4.1	4.3
13	PA	Male	4.1	5.4	5.7	5	5.3	5.3
14	PA	Male	4.8	4.9	4.7	4.3	4.8	5.1
15	PA	Male	5.8	5.9	6.2	5.3	5.6	5.6
16	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
17	PA	Male	6.3	6.9	6.7	6.2	6.8	6.8
18	PA	Male	5.1	5.3	5.3	4.7	5.1	5.5
19	PA	Male	5	5.2	5.3	4.1	5	5.2
20	PA	Male	5.1	5.7	5.7	5.2	5.2	5.7
21	PA	Male	5.9	5.1	5.7	5.4	5.6	5.9
22	PA	Male	6	5.1	5.1	5.7	6.3	6.5
23	PA	Male	5.7	5.8	5.9	5.7	6.1	6

s.no	YOGA1P A0	sexMALE1FEMA LE0	SBJ1 _1	SBJ2 _1	SBJ3 _1	SBJ11 _1	SBJ12 _1	SBJ13 _1
24	PA	Male	6.6	6.6	6.9	5.1	6.5	6.7
25	PA	Male	6.7	6.8	7.2	6.2	6.1	6.5
26	PA	Male	5.4	5.5	5.6	4.1	4.1	5.3
27	PA	Female	3.8	4.4	4.4	4.8	4.5	4.5
28	PA	Female	4.6	4.6	4.8	4.6	4.4	4.7
29	PA	Female	2.1	2.1	3.2	3.6	3.7	3.9
30	PA	Female	3.6	3.6	3.9	3.9	3.1	3.8
31	PA	Female	4.9	4.6	4.8	5	5.2	5.3
32	PA	Female	4.6	4.7	4.7	4.7	4.5	4.5
33	PA	Female	4.4	4	3.8	3.1	4	3.1
34	PA	Female	4.1	3.7	3.9	3.1	3.9	3.1
35	PA	Female	4.3	4.5	4.2	4	3.8	4.2
36	PA	Female	4.11	4.6	4.1	4.8	4.1	5.2
37	PA	Female	4.3	4.1	3.1	4.2	4.1	3.8
38	PA	Female	3.1	3.9	3.6	4.1	3.1	3.4
39	PA	Female	3.1	3.5	3.7	3.9	3.8	3.8
40	PA	Male	4.6	4.8	4.5	4.1	3.3	3.3
41	PA	Female	5.2	5.2	5.4	4.1	5.4	5.2
82	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
84	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
85	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
86	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
87	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
88	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
89	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
90	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
91	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
92	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
93	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
94	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
95	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
96	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
97	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
98	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
99	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
100	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
101	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
102	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
103	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
104	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76

s.no	YOGA1P A0	sexMALE1FEMA LE0	SBJ1 _1	SBJ2 _1	SBJ3 _1	SBJ11 _1	SBJ12 _1	SBJ13 _1
105	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
106	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
107	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
108	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
109	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
110	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
111	PA	Female	4.42	5.22	4.57	4.58	4.74	4.76
112	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
113	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
114	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
115	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
116	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
117	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
118	PA	Male	4.42	5.22	4.57	4.58	4.74	4.76
559	Yoga	Male	4.6	4.9	4.11	4.9	4.9	5
560	Yoga	Female	3.5	4.2	4.3	4	4.1	4.1
561	Yoga	Female	4.4	3.8	4.1	3	4.6	4.3
562	Yoga	Male	6.5	6.7	6.9	6.3	6.6	6.8
563	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
564	Yoga	Female	4	4.1	4.2	3.8	4.2	3.11
565	Yoga	Female	4.6	4.11	5.1	4.11	4.9	4.11
566	Yoga	Female	4.3	3.11	4.5	3.11	4.1	4.11
567	Yoga	Male	3.11	4	3.11	4.4	3.7	3.9
568	Yoga	Female	3.1	4	3.4	4.11	4.4	4.11
569	Yoga	Male	5.11	5.1	6	6.3	6.5	6
570	Yoga	Female	4.4	4.3	4.9	3.11	4.1	4.8
571	Yoga	Female	3.6	3.8	3.7	3.11	3.1	3.11
572	Yoga	Male	5.5	5.3	5.3	5	5.2	5.4
573	Yoga	Male	5.1	5.11	5.8	6	6.5	6.6
574	Yoga	Female	4.3	4.6	4.5	4.4	4.5	4.4
575	Yoga	Male	4.9	4.1	4.11	5.2	5.4	5.2
576	Yoga	Female	4.6	4.5	4.8	4.9	3.11	4.4
577	Yoga	Male	4.7	4.7	4.1	4.1	4.5	4.11
578	Yoga	Male	4.1	4.1	4.6	4.9	4.7	4.9
579	Yoga	Male	5.5	5.8	5.8	5.2	5.3	5.8
580	Yoga	Female	3.7	4.2	4	4.2	4.4	4.2
581	Yoga	Male	4.5	4.9	4.8	5.7	5.3	5.8
582	Yoga	Male	5.6	5.7	6	5.6	5.9	6

s.no	YOGA1P A0	sexMALE1FEMA LE0	SBJ1 _1	SBJ2 _1	SBJ3 _1	SBJ11 _1	SBJ12 _1	SBJ13 _1
583	Yoga	Male	5.7	5.9	5.8	5.9	6	6
584	Yoga	Female	5.4	5	5.8	5.9	6	6
585	Yoga	Female	3.5	3.5	3.5	3.11	4.1	3.8
586	Yoga	Female	4.1	4.9	4.1	4.7	4.8	4.11
587	Yoga	Male	5.4	5.7	5.4	5.8	6	6.1
588	Yoga	Male	4.9	4.7	5.1	4.8	4.11	4.11
589	Yoga	Female	3.7	4.1	4	4.2	4.3	4
590	Yoga	Female	3.7	3.1	3.6	4.2	5	5.1
591	Yoga	Female	3.7	3.11	3.1	3.4	3.6	3.6
592	Yoga	Male	5.3	5.5	5.8	5.4	5.9	6
593	Yoga	Male	5.6	5.8	5.1	5.8	5.9	6
594	Yoga	Female	4.1	5.4	4.1	5.8	5.9	6
595	Yoga	Female	5	4.1	4.9	4.3	4.8	4.6
596	Yoga	Female	4.9	5.1	4.8	5.9	6	6.1
597	Yoga	Male	4.9	5.1	5.2	5.3	5.8	6
598	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
353	Yoga	Female	2	2.9	2.6	2.2	2.3	2
354	Yoga	Male	3.9	4.3	4.9	4.5	4.6	4.9

366	Yoga	Male	3.3	3.8	3.9	3.11	3.11	3.8
367	Yoga	Female	2.7	2.8	3.2	3.8	4	4
368	Yoga	Female	3.4	4	3.11	3.5	4.1	4
369	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
370	Yoga	Male	5.3	5.9	5.8	5.4	5.5	5.9
371	Yoga	Female	3.3	2.8	3.4	3.9	3.11	4.1
372	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
373	Yoga	9999	5.2	5.4	4.11	4.8	4.8	4.9
374	Yoga	Male	4.11	4.11	4.11	4.7	4.11	4.9
375	Yoga	Female	4.6	4.4	3.8	4.7	4.8	5
376	Yoga	Female	4.7	4.4	4.4	4.3	4.5	4.8
377	Yoga	Female	3.11	3.11	4.4	3.9	4.1	3.6
378	Yoga	Male	5.4	5.11	5.7	5.6	5.4	5.4
379	Yoga	Male	4	4.2	4.6	4.3	4.6	4.8
380	Yoga	Male	4.7	4.6	4.11	4.5	4.8	5
381	Yoga	Female	3	3.6	3.6	2.9	3.5	3.4
382	Yoga	Male	5.7	5.3	5.4	5.8	5.7	5.8
383	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
384	Yoga	Female	2.11	3.3	2.11	3.8	4	4.1
385	Yoga	Male	4.4	4.6	4.8	4.5	4.7	4.6
386	Yoga	Female	3	3.7	3.8	3.7	3.8	3.9
387	Yoga	Female	2.2	2.4	1.11	3.4	3.7	3.8
388	Yoga	Female	3.8	4.8	4.6	4.7	4.6	4.11
389	Yoga	Male	5.2	5.1	5.2	5.2	5.3	5.4

390	Yoga	Male	5.3	5.5	5.11	5.3	5.5	5.4
391	Yoga	Female	3.6	3.7	3.6	3.8	4	4
392	Yoga	Male	4.3	4.11	4.9	4.3	4.8	4.8
393	Yoga	Female	4.3	4	3.7	4.3	4.4	4.5
394	Yoga	Male	3.5	3.8	4.1	4	4.2	4.5
396	Yoga	Male	3.11	4	5.1	5	5.1	5.3
437	Yoga	Male	3.11	3.7	4.6	3.8	4	4.2
438	Yoga	Female	4.4	3.11	4.6	4.3	4.4	4.4
439	Yoga	Male	4.7	4.9	4.11	4.8	4.8	5
440	Yoga	Female	3.9	3.2	3.4	3.7	4	3.9
441	Yoga	Male	5.5	5.7	5.11	5	5.11	5.9
442	Yoga	Female	3.7	3.7	3.7	3.7	3.9	3.9
443	Yoga	Male	5.4	5.7	5.8	5.2	5.5	5.8

s.no	YOGAIP A0	sexMALE1FEMA LE0	SBJ1 _1	SBJ2 _1	SBJ3 _1	SBJ11 _1	SBJ12 _1	SBJ13 _1
444	Yoga	Female	2.11	2.9	3.5	3	3.5	3.8
445	Yoga	Female	3.7	3.7	3.8	4	3.9	4.5
446	Yoga	Male	5.7	5.7	5.11	5.6	5.9	6
447	Yoga	Female	2.9	3.6	3.11	3.9	4	4
448	Yoga	Male	5.8	5.11	5.11	5	5.4	5.6
449	Yoga	Female	3	3.4	3.4	4	3.8	4
450	Yoga	Female	5.3	5.2	5.11	5.4	5.2	5.11
451	Yoga	Female	4.11	5	5.1	5	5.4	5.6
452	Yoga	Female	5.04	5.9	5.9	5.9	6	6
453	Yoga	Female	4	3.11	3.9	4	4.5	4.5
454	Yoga	Male	6	6.6	6.3	6	6.5	6.8
455	Yoga	Female	3.3	2.9	4.2	4	4.3	4.6
456	Yoga	Female	4.2	4.4	4.5	4.5	4.8	5
457	Yoga	Female	4.5	4.11	5.2	5.2	5.3	5.7
458	Yoga	Female	4.5	4.6	4	5	5.12	5.3
459	Yoga	Female	3.8	3.11	4.2	4	4.3	4
460	Yoga	Female	4.11	4.3	4.8	4.9	5	5.3
461	Yoga	Male	6.8	6.7	6.11	6.6	6.9	6.9
462	Yoga	Female	3.5	3.5	3	4	4.3	4.8
463	Yoga	Male	5.2	5.7	5.11	5.8	6	6
464	Yoga	Male	5.4	5.3	5.7	6	5.9	5.9
465	Yoga	Male	4.9	4.8	5.4	5	5	5.4
466	Yoga	Male	3.11	3.2	3.7	4	4.3	4.6
467	Yoga	Female	3.1	3.2	3.2	4	4.6	4.5
468	Yoga	Female	3.6	3.6	3.9	3.9	4.2	4.4
469	Yoga	Male	4.11	5	4.9	5	5.4	5.8
470	Yoga	Male	4.11	5.1	5.8	5.8	5.8	6
471	Yoga	Male	5.7	5.6	5.11	4.4	5.4	5.3
473	Yoga	Female	4.5	4.7	4.7	5	5.1	5.3
475	Yoga	Male	5.11	6	6.1	5.9	5.11	6.1

477	Yoga	Female	3.5	3.5	3.5	4.5	4.6	4.7
479	Yoga	Female	3	3.1	3.2	4	4.2	4.6
481	Yoga	Male	5.6	5.6	5.4	5	5.3	5
608	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
610	Yoga	Female	3	3.9	4.7	4.8	4.6	4.5
612	Yoga	Female	2.11	2.11	2.7	3.7	4.2	4.1
614	Yoga	Female	2.11	2.6	3.1	3	2.11	3.2
616	Yoga	Female	3.8	3.11	3.11	3.7	3.6	3.8
618	Yoga	Female	2.4	3.6	3.2	3.8	3.4	3.6
620	Yoga	Male	5.1	5.2	4.8	4.7	4.9	4.11
622	Yoga	Male	5.1	5.5	5.5	5.4	5.6	5.8
624	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
626	Yoga	Male	4.11	4.5	4.6	4.9	4.9	4.11
628	Yoga	Male	4.7	5	5.2	5	5.3	5.4

s.no	YOGA1P A0	sexMALE1FEMA LE0	SBJ1 _1	SBJ2 _1	SBJ3 _1	SBJ11 _1	SBJ12 _1	SBJ13 _1
630	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
632	Yoga	Female	2.11	3.2	3.5	3.1	3	2.11
634	Yoga	Female	3.7	4.3	3.11	3.11	3.11	3.5
636	Yoga	Female	3.2	2.11	3.3	3.5	3	2.7
638	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
640	Yoga	Male	5.4	5.6	5.9	5.8	5.9	6
642	Yoga	Female	4	3.9	3.9	3	3.2	3.5
644	Yoga	Female	3.9	3.9	3.7	3.9	4	3.11
646	Yoga	Female	4	3.3	3.4	3.6	3.4	3.5
648	Yoga	Male	5	5.2	6.1	6	6.1	6.2
650	Yoga	Male	4.11	4.7	4.4	5	5.6	6
652	Yoga	Male	5.9	6	6	4	4.3	4
654	Yoga	Male	5.6	5.6	5.11	5.3	5.6	6
656	Yoga	Male	4.8	4.8	4.7	4.6	5.3	5.3
658	Yoga	Female	3.4	3.5	3.11	3.4	3.7	3.7
660	Yoga	Female	4.42	5.22	4.57	4.6	4.6	4.7
662	Yoga	Male	4.6	4.6	4.11	4.3	4.3	3.9
664	Yoga	Male	4.6	4.6	4.11	4.9	4.9	4.8
666	Yoga	Female	3.2	2.9	3	4.2	3.8	3.5
668	Yoga	Female	2.11	3.5	3.4	3.2	4.2	3.11
670	Yoga	Female	3.1	3.1	3.2	3.3	3.2	3.1
671	Yoga	Female	2.11	3.6	3.6	3.9	3.8	3
672	Yoga	Female	2.9	3	2.9	2.11	2.11	2.11
673	Yoga	Male	4.2	4.11	5.2	4.11	4.8	4.6
674	Yoga	Female	3	3.2	3.2	4.58	4.74	4.76
675	Yoga	Female	3.9	3.2	3.3	3.9	3.5	3.11
676	Yoga	Female	4.2	3.9	4.4	3.11	3.9	3.7
677	Yoga	Female	4.42	5.22	4.57	3.3	2.11	2.11

678	Yoga	Female	4.7	5.1	5.2	4.6	5	5
710	Yoga	Female	5.4	5.1	6.1	6.1	6.4	6.5
712	Yoga	Female	5.11	5.4	6.2	6	6.3	6.5
714	Yoga	Male	5.3	5.9	5.1	4.58	4.74	4.76
716	Yoga	Female	6.4	6.2	6.1	6.4	6.9	6.5
718	Yoga	Female	8.2	8.1	7.5	4.58	4.74	4.76
720	Yoga	Female	6.6	7.6	7.2	7	6.1	6.9
722	Yoga	Female	5.9	6	6	6.1	6.1	6.4

s.no	YOGAIP A0	sexMALEIFEMA LE0	SBJ1 _1	SBJ2 _1	SBJ3 _1	SBJ11 _1	SBJ12 _1	SBJ13 _1
724	Yoga	Female	6.6	6.1	6.6	6.6	6.7	6.6
726	Yoga	Female	4.42	5.22	4.57	4.1	5	6.1
728	Yoga	Female	6.1	6.2	6.9	5.1	6.6	6.1
730	Yoga	Female	5.7	5.7	5.7	5.6	5.7	5.3
732	Yoga	Female	4.9	4.5	4.4	4.58	4.74	4.76
734	Yoga	Female	3.6	3.5	3.4	4.58	4.74	4.76
736	Yoga	Female	3.9	4.3	4.7	4.1	4.1	4.1
738	Yoga	Female	4.11	5.2	5.6	4.1	5.3	5.8
740	Yoga	Female	4.11	4.7	4.6	4.9	4.7	4.8
742	Yoga	Female	5.2	5.3	5.4	4.1	5.1	5.1
744	Yoga	Female	3.6	4	4.5	4.5	4.6	4.6
746	Yoga	Female	4.6	4.7	4.1	4.1	4.1	4.6
748	Yoga	Female	3.6	3.9	3.7	4.58	4.74	4.76
750	Yoga	Female	3.3	3	3.7	3.8	3.9	3.7
752	Yoga	Female	5.5	4.9	5.2	4.7	4.8	4.8
754	Yoga	Male	2.11	2.1	2.9	3.1	3.1	3.9
756	Yoga	Male	3.5	3.7	3.5	3.6	3.8	3.7
758	Yoga	Female	4	3.1	3.6	3.9	3.1	4.2
760	Yoga	Female	3.6	3.7	4	2.9	3	2.8
762	Yoga	Male	3.4	3.8	3.1	3.9	3.7	4.2
764	Yoga	Female	4.3	4.1	4.5	4.2	4.1	4.5
766	Yoga	Male	3.7	3	3.7	2.3	2.1	2.1
768	Yoga	Male	4.2	4.3	4.2	4.3	4.5	4.2
770	Yoga	Male	4.5	4.6	4.4	3.7	3.8	3.1
772	Yoga	Male	3.6	3.7	3.7	3.1	4	4.5
774	Yoga	Male	3.5	3.3	3.1	3	3.5	3.5
776	Yoga	Male	4.9	5.22	4.57	4.3	4.6	4.6
778	Yoga	Male	3.6	4.1	4.9	3.6	3.1	3.7
780	Yoga	Female	3.4	3.7	3.9	3.6	3.4	4.1
782	Yoga	Female	4.3	4.6	4.4	4.2	4.5	4.4
784	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
786	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
788	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
790	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76

792	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
794	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76

523	Yoga	Female	4.7	4.8	4.9	4.6	4.3	4.9
524	Yoga	Male	4.7	4.1	4.9	4.4	4.1	5.3
525	Yoga	Female	4.7	4.9	5.1	5	4.1	4.1
526	Yoga	Female	5.5	5.7	5.6	4.1	4.5	4.6
527	Yoga	Male	5.1	4.1	4.9	4.9	4.1	4.1
528	Yoga	Male	4.7	4.6	4.6	3.8	4.1	4
529	Yoga	Female	5.6	5.1	5.1	5.4	5.5	5.5
530	Yoga	Male	5.6	5.1	6.3	5.3	5.1	5.1
531	Yoga	Male	3.11	4.2	4	3.1	3.7	3.8
532	Yoga	Female	5.8	5.1	5.9	4.1	4.6	4.6
533	Yoga	Male	5.6	6	5.1	5.8	5.7	5.1
534	Yoga	Female	2.1	3	3	4.58	4.74	4.76
535	Yoga	Female	4.3	4.8	4.1	4.4	4.2	4.3
536	Yoga	Male	3.6	3.1	3.9	3.8	3.1	3.1
537	Yoga	Male	4.1	4.2	3.9	4.1	4.1	3.9
538	Yoga	Female	3.6	3.9	3.1	4	3.8	3.8
539	Yoga	Female	4.2	3.1	4.3	4.3	4.4	4.5
540	Yoga	Male	3.2	2.1	2.1	3.2	3.5	3
541	Yoga	Female	4.2	4.2	4.3	6.2	3.9	3.8
542	Yoga	Female	4.11	5.2	5.1	4.1	5.5	5.3
543	Yoga	Female	3.5	3.1	4	3.7	3.1	3.9
544	Yoga	Female	3.5	4.1	3.1	4	4	3.1
545	Yoga	Male	3.4	3.6	3.2	3.7	3.9	3.1
546	Yoga	Male	4	4	4.1	3.9	4.3	4.2
547	Yoga	Male	4.5	3.1	4.4	4.9	4.4	4.6
548	Yoga	Female	4	4.2	4.4	4.4	4.5	4.6
549	Yoga	Male	3.6	4	4.7	4.7	4.1	4.1

s.no	YOGA1P A0	sexMALE1FEMA LE0	SBJ1 _1	SBJ2 _1	SBJ3 _1	SBJ11 _1	SBJ12 _1	SBJ13 _1
550	Yoga	Female	2.11	3.6	3.8	4	3.8	3.1
551	Yoga	Female	4.42	5.22	4.57	4.2	4.5	4.5
552	Yoga	Female	4.42	5.22	4.57	3.7	3.1	3.9
553	Yoga	Male	4.42	5.22	4.57	3.4	4.1	3.1
554	Yoga	Female	4.42	5.22	4.57	3.4	4.1	3.1
555	Yoga	Male	4.42	5.22	4.57	6.1	6.9	6.9
556	Yoga	Male	4.42	5.22	4.57	5.8	5.6	5.4

557	Yoga	Male	4.42	5.22	4.57	5.6	5.1	5.8
558	Yoga	Male	4.42	5.22	4.57	5.7	5.9	5.1
679	Yoga	Male	4.6	4.3	4.9	5.2	5.5	6
680	Yoga	Male	4.11	4.11	5.2	5.1	5.7	5.9
681	Yoga	Male	4.8	4.7	4.9	5.3	5.4	5.7
682	Yoga	Female	4.1	4.7	4.6	5.1	5.6	5.8
683	Yoga	Male	5	5.7	5.4	5.9	6	6
684	Yoga	Male	4.11	5.4	5.5	5.8	5.9	5.9
685	Yoga	Male	4.3	4.8	5.2	5.3	5.7	5.4
686	Yoga	Male	5.11	5.11	6.2	5.1	5.9	6
687	Yoga	Male	4.4	4.5	4.7	5.9	6	6
688	Yoga	Male	5.8	5.5	5.7	6	6.1	6.3
689	Yoga	Male	4.1	4.11	4.7	5.9	5.8	5.9
690	Yoga	Male	4.9	4.7	4.9	6	5.9	6
691	Yoga	Female	4.6	4.8	5	5.7	5.8	5.8
692	Yoga	Male	4.1	5	4.9	5.8	6	6.1
693	Yoga	Male	4.7	4.11	5.3	5.3	5.6	5.5
694	Yoga	Female	4.9	4.7	4.3	5.9	5.9	6
695	Yoga	Female	3.8	3.9	3.3	5.7	5.3	5.9
696	Yoga	Female	3.3	4.5	3.9	5.9	5.8	5.8
697	Yoga	Female	3.5	3.7	3.7	5.3	5.7	5.8
698	Yoga	Female	3.11	3.8	3.11	5.1	5.5	5.6
699	Yoga	Female	3.4	4	3.6	5.1	5.5	5.5
700	Yoga	Female	4	4.5	4.7	5.3	5.3	5.8
701	Yoga	Female	4.1	4.8	4.9	5.8	6	6.1
702	Yoga	Female	4.11	4.11	4.11	4.8	5	5.3
703	Yoga	Female	3.3	3.7	3.9	5.1	4.9	5.4
704	Yoga	Male	3.9	3.7	3.6	5.2	5.1	5.1
705	Yoga	Female	4	4	4.6	5	5.1	5.1
706	Yoga	Female	3.4	3.5	3.5	4	4.1	4.4
707	Yoga	Female	5.1	5.2	5.4	5	5.6	5.7
708	Yoga	Female	3.6	3.6	3.11	5	5.3	5.6
709	Yoga	Female	4.4	4	4.6	5	5.8	5.9

s.no	YOGA1P A0	sexMALE1FEMA LE0	SBJ1 _1	SBJ2 _1	SBJ3 _1	SBJ11 _1	SBJ12 _1	SBJ13 _1
711	Yoga	Female	3.9	3.8	3.9	5	5.4	5.4
713	Yoga	Female	3	2.8	3.1	4.5	4.6	4.6
715	Yoga	Female	4	4.3	3.11	4.4	4.3	4.3
717	Yoga	Male	3.9	3.11	3.1	4.3	4.4	4.7
719	Yoga	Female	4.2	4	4	4.6	4.5	4.5
721	Yoga	Female	3.11	3.9	3.11	4.2	4.3	4.2
723	Yoga	Female	3.3	3.9	3.9	4.9	4.8	4.9
725	Yoga	Female	3.5	3.7	3.5	4.3	4.4	4.4
727	Yoga	Female	3.11	4	3.11	4.8	4.8	5
729	Yoga	Female	3.11	3.8	3.9	4	4.3	4.4

599	Yoga	Male	4.4	4.4	4.3	4.58	4.74	4.76
600	Yoga	Male	6.11	7	4.3	7.5	7.2	7.3
601	Yoga	Male	7.1	7.4	7.6	7.6	7.3	7
602	Yoga	Male	5.6	5.6	5.1	5.8	5.2	5.3
603	Yoga	Male	4.11	5.1	5.2	5.2	5.2	5.2
604	Yoga	Male	5.3	6.6	6.3	6.4	6.1	6.1
605	Yoga	Male	7.7	7.9	7.9	7.7	7.8	7.9
606	Yoga	Male	4.4	4.6	4.4	4.5	4.1	3.7
607	Yoga	Male	5.11	4.4	4.6	5.7	5.6	5.9
609	Yoga	Male	4.42	5.22	4.57	5.5	5.4	5.6
611	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
613	Yoga	Male	5.11	5.9	5.9	5.9	5.6	5.1
615	Yoga	Female	6	6.7	6.8	6.7	6.3	6.3
617	Yoga	Male	4.11	5.7	5.6	4.58	4.74	4.76
619	Yoga	Male	5.11	5.7	5.6	5.9	5.1	5.6
621	Yoga	Male	4.11	4.8	4.8	4.1	5	5
623	Yoga	Male	7.4	6.1	7.2	7	7.4	7.5
625	Yoga	Male	5.75	5.6	5.3	5.6	5.7	5.8
627	Yoga	Male	4.11	4.4	4.6	4.58	4.74	4.76
629	Yoga	Male	4.8	7.5	7.2	7	7.1	7.1
631	Yoga	Male	5.4	5.6	5.8	5.1	5.1	5.9
633	Yoga	Female	4.2	3.8	4.1	5.2	5.2	5.1
635	Yoga	Female	4.2	4.1	4.5	4.4	4.4	4.3
637	Yoga	Female	4.4	3.4	3.8	4.3	4.2	4.2

s.no	YOGA1P A0	sexMALE1FEMA LE0	SBJ1 _1	SBJ2 _1	SBJ3 _1	SBJ11 _1	SBJ12 _1	SBJ13 _1
639	Yoga	Female	3.9	3.8	3.7	3.6	3.5	3.5
641	Yoga	Female	3.6	3.7	3.1	4.8	4.6	4.5
643	Yoga	Female	3.3	2.1	3.3	3.5	3.2	3.5
645	Yoga	Female	4.11	4.8	4.1	5.3	5.3	5.3
647	Yoga	Female	4.4	4.7	4.1	4.9	4.7	4.6
649	Yoga	Female	2.7	3	3	3.2	3.5	3.2
651	Yoga	Female	3.9	3.9	4.4	3.1	3.1	3.1
653	Yoga	Female	4.4	4.3	4.7	4.7	4.9	4.7
655	Yoga	Female	4.9	4.6	4.7	4.1	5.1	5.5
657	Yoga	Female	4.8	4.4	4.6	4.8	4.8	4.5
659	Yoga	Female	29	2.9	2.1	2.5	3.2	3
661	Yoga	Female	3.8	3.7	3.1	3.1	3.1	3.5
663	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
665	Yoga	Female	4.2	4	4.3	4.5	4.4	4.4
667	Yoga	Female	3.3	3.1	3.1	4.6	4.6	4.5
669	Yoga	Female	5.1	5	5.4	5.5	5.9	5.5
395	Yoga	Male	5.11	5.9	5.1	4.7	5	5.2
397	Yoga	Male	5.5	5.8	5.1	4.9	5.7	5.3

398	Yoga	Male	5.6	6.2	6.4	4.7	4.1	5.6
399	Yoga	Male	5.7	5.6	4.1	5.7	5.7	5.7
400	Yoga	Male	4.5	4.8	5.8	5.3	5.1	5.7
401	Yoga	Female	6.5	6.6	6.7	6.7	6.1	7
402	Yoga	Male	5.3	5.5	5.8	6	5.5	6
403	Yoga	Male	4.1	5.3	5.1	5.7	5.1	6.2
404	Yoga	Male	5.11	6.1	6.3	6.1	6.2	6.5
405	Yoga	Male	4.11	4.8	4.9	5.4	5	5.6
406	Yoga	Male	4.4	4.9	5.1	4.9	4.1	5
407	Yoga	Male	5.4	5.5	5.7	5.1	6	6.1
408	Yoga	Male	6.4	6.7	6.9	6.3	6.1	7.2
409	Yoga	Male	4.8	4.9	5.2	4.6	4.6	4.6
410	Yoga	Male	5.9	5.1	5.8	5.9	6	6.5
411	Yoga	Male	4.2	4.3	5.1	4.6	5.2	5.4
412	Yoga	Male	5.7	5	5.3	6.7	6.7	7.1
413	Yoga	Male	5.4	5.1	5.1	5.1	5.9	5.1
414	Yoga	Male	6.5	6.4	6.5	6.1	6.7	6.1
415	Yoga	Male	5.8	5.5	5.1	6.3	6.3	6.6

s.no	YOGA1P A0	sexMALE1FEMA LE0	SBJ1_ 1	SBJ2_ 1	SBJ3_ 1	SBJ11 _1	SBJ12 _1	SBJ13 _1
474	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
476	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
478	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
480	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
482	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
483	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
484	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
485	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
486	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
487	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
488	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
489	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
490	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
491	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76

s.no	YOGA1P A0	sexMALE1FEMA LE0	SBJ1 _1	SBJ2 _1	SBJ3 _1	SBJ11 _1	SBJ12 _1	SBJ13 _1
492	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
493	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
494	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
495	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76

496	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
497	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
498	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
499	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
500	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
501	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
502	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
503	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
504	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
505	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
506	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
507	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
508	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
509	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
510	Yoga	Male	4.42	5.22	4.57	4.58	4.74	4.76
511	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
512	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
513	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76
514	Yoga	Female	4.42	5.22	4.57	4.58	4.74	4.76

## SIT AND REACH

s.no	YOGA1P A0	sexMALE1FEMA LE0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
159	PA	Female	4.57	25.86	26.56	4.76	27.24	27.9
160	PA	Female	27	28	29	33	33	34
161	PA	Male	22	20	22	21	21	23
162	PA	Female	35	36	34	36	37	39
163	PA	Female	30	28	20	28	24	28
164	PA	Female	25	20	26	27.24	27.9	28.45
165	PA	Male	24	25	25	25	25	25
166	PA	Male	35	30	31	32	33	33
167	PA	Female	25.86	26.56	27.11	27.24	27.9	28.45
168	PA	Male	26	25	27	29	27	26
169	PA	Male	24	26	26	27	29	29
170	PA	Female	23	24	24	23	27	29
171	PA	Male	26	22	23	27.24	27.9	28.45
172	PA	Male	23	24	25	24	26	29
188	PA	Male	25	27	27	27.24	27.9	28.45
189	PA	Male	21	22	21	23	21	24
190	PA	Male	24	26	26	20	20	20
191	PA	Female	37	34	33	32	34	34
192	PA	Female	25	25	25	20	20	20
193	PA	Male	25.86	26.56	27.11	27.24	27.9	28.45
194	PA	Male	20	21	20	21	22	20
195	PA	Female	30	28	28	32	29	30

197	PA	Male	28	27	27	28	27	28
199	PA	Male	31	34	33	33	33	33

s.no	YOGAIP A0	sexMALE1FEMAL E0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
201	PA	Male	29	23	26	23	25	26
42	PA	Male	33	33	32	35	34	35
43	PA	Female	1	29	31	31	35	30
44	PA	Male	30	31	31	30	30	31
45	PA	Male	25	25	24	25	23	23
46	PA	Female	23	27	27	30	30	32
47	PA	Female	23	27	27	27	27	28
48	PA	Female	32	30	27	32	32	31
49	PA	Female	31	31	30	30	31	31
50	PA	Female	27	32	33	28	30	30
51	PA	Female	26	27	27	25	27	26
52	PA	Female	31	29	36	30	30	32
53	PA	Male	28	29	29	30	31	30
54	PA	Male	30	31	32	27.24	27.9	28.45
55	PA	Female	27	26	27	27.24	27.9	28.45
56	PA	Male	32	34	35	30	33	31
57	PA	Female	31	33	31	30	30	31
58	PA	Female	28	29	36	27.24	27.9	28.45
59	PA	Male	30	30	31	27.24	27.9	28.45
60	PA	Male	27	34	35	37	36	37
61	PA	Female	35	32	32	35	33	32
62	PA	9999	29	30	28	27.24	27.9	28.45
63	PA	Female	25.86	26.56	27.11	27.24	27.9	28.45
64	PA	Female	24	25	26	27.24	27.9	28.45
65	PA	Female	27	25	26	28	29	29
66	PA	Male	37	38	38	27.24	27.9	28.45
67	PA	Male	30	28	32	27.24	27.9	28.45
68	PA	Male	26	30	30	30	30	31
69	PA	Male	22	23	25	29	27	27
70	PA	Male	22	24	23	27.24	27.9	28.45
71	PA	Male	32	29	29	27.24	27.9	28.45
72	PA	Female	27	26	27	29	26	28
73	PA	Male	35	34	37	27.24	27.9	28.45
74	PA	Female	33	53	34	27.24	27.9	28.45
75	PA	Female	37	37	37	34	33	33
76	PA	Female	38	41	41	41	43	42
77	PA	Male	23	26	27	27.24	27.9	28.45
78	PA	Female	36	36	38	27.24	27.9	28.45

s.no	YOGA1P A0	sexMALE1FEMA LE0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
79	PA	Male	41	42	43	27.24	27.9	28.45
80	PA	Female	25.86	26.56	27.11	27.24	27.9	28.45
81	PA	Male	29	31	31	27.24	27.9	28.45
83	PA	Male	26	30	30	27	27	28
119	PA	Male	25	21	22	27.24	27.9	28.45
120	PA	Male	28	28	29	27.24	27.9	28.45
121	PA	Male	25.86	26.56	27.11	27.24	27.9	28.45
123	PA	Male	29	35	37	27.24	27.9	28.45
124	PA	Male	25	26	27	26	29	27
125	PA	Female	25.86	26.56	27.11	27.24	27.9	28.45
126	PA	Male	35	33	35	27.24	27.9	28.45
127	PA	Female	22	26	25	27.24	27.9	28.45
128	PA	Male	25.86	26.56	27.11	27.24	27.9	28.45
129	PA	Male	35	36	37	36	36	38
130	PA	Female	24	23	23	26	25	26
131	PA	Female	26	29	26	26	28	27
132	PA	Female	22	28	29	23	27	27
133	PA	Female	25	21	25	25	24	25
134	PA	Female	24	23	24	27.24	27.9	28.45
135	PA	Female	18	19	20	27.24	27.9	28.45
136	PA	Female	27	25	28	23	28	27
137	PA	Male	28	27	28	27.24	27.9	28.45
138	PA	Male	25	25	21	27.24	27.9	28.45
139	PA	Female	31	30	34	31	30	31
140	PA	Female	31	33	38	34	34	34
141	PA	Male	25	24	25	27	27	28
142	PA	Male	28	29	28	27.24	27.9	28.45
143	PA	Male	23	26	26	24	27	27
144	PA	Male	32	30	35	37	37	37
145	PA	Female	21	24	26	22	23	25
146	PA	Female	32	30	33	27.24	27.9	28.45
147	PA	Female	30	29	28	27.24	27.9	28.45
148	PA	Male	31	31	29	28	29	30
149	PA	Female	25.86	26.56	27.11	27.24	27.9	28.45
150	PA	Female	28	26	29	27.24	27.9	28.45
151	PA	Female	25	27	26	28	29	28
152	PA	Female	30	27	28	27.24	27.9	28.45

s.no	YOGA1P A0	sexMALE1FEMA LE0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
153	PA	Female	33	34	34	30	31	32
154	PA	Female	25	25	25	27.24	27.9	28.45
155	PA	Male	36	37	37	27.24	27.9	28.45
156	PA	Male	31	31	34	34	35	33
157	PA	Female	21	23	20	27.24	27.9	28.45
158	PA	Male	24	23	26	27.24	27.9	28.45
243	PA	Male	26	27	27	27.24	27.9	28.45
245	PA	Male	30	30	26	31	29	31
247	PA	Female	26	31	30	27.24	27.9	28.45
249	PA	Female	24	25	25	27.24	27.9	28.45
251	PA	Female	24	28	30	27	24	28
253	PA	Male	25	26	27	25	26	27
255	PA	Female	19	18	19	14	16	17
257	PA	Female	19	24	21	20	17	17
259	PA	Female	27	31	30	27	28	25
261	PA	Female	22	23	26	23	26	25
263	PA	Male	30	29	29	27.24	27.9	28.45
265	PA	Male	27	27	25	27	28	28
267	PA	Male	38	37	38	32	32	33
269	PA	Female	20	21	21	22	19	19
271	PA	Male	25	26	18	31	29	28
273	PA	Male	25	26	25	29	28	27
275	PA	Male	28	29	28	25	23	23
277	PA	Female	36	35	32	30	30	30
279	PA	Male	20	25	25	27.24	27.9	28.45
281	PA	Female	30	27	25	25	25	25
283	PA	Male	22	24	23	27.24	27.9	28.45
285	PA	Male	28	26	28	27.24	27.9	28.45
287	PA	Female	22	25	22	23	24	23
289	PA	Female	31	31	33	30	29	27
291	PA	Female	25	25	24	27.24	27.9	28.45
293	PA	Female	26	23	22	29	32	30
295	PA	Female	21	20	21	23	20	18
297	PA	Male	25.86	26.56	27.11	27.24	27.9	28.45
299	PA	Female	30	20	25	24	26	24
301	PA	Female	33	30	31	26	25	23
303	PA	Female	28	27	27	24	25	23
305	PA	Female	27	31	29	29	30	27

s.no	YOGA1P A0	sexMALE1FEMA LE0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
306	PA	Female	29	31	32	30	31	31
307	PA	Male	26	27	27	27	28	29
308	PA	Female	32	32	31	29	29	27
309	PA	Male	25	22	25	26	23	24
310	PA	Female	23	22	23	22	22	21
317	PA	Male	14	15	18	32	35	36
318	PA	Male	34	34	35	26	32	33
319	PA	Male	24	27	27	25	24	26
320	PA	Male	21	21	20	21	20	27
321	PA	Male	27	28	29	28	30	30
322	PA	Male	21	23	23	20	25	29
323	PA	Female	21	25	24	19	23	26
324	PA	Male	24	23	24	26	26	26
325	PA	Male	24	25	26	30	30	31
326	PA	Female	27	29	28	23	24	27
327	PA	Male	20	21	21	12	13	12
328	PA	Male	30	31	31	23	25	25
329	PA	Female	29	23	29	26	25	25
330	PA	Female	29	29	29	28	28	28
331	PA	Female	30	31	33	31	32	35
332	PA	Female	27	27	28	26	27	28
333	PA	Female	29	30	30	30	29	30
334	PA	Female	23	24	26	25	31	32
335	PA	Female	26	29	30	26	29	31
336	PA	Female	32	31	31	31	30	30
337	PA	Female	27	40	30	26	26	27
338	PA	Female	27	26	22	29	29	27
339	PA	Female	33	34	33	36	36	35
340	PA	Female	24	25	25	26	27	29
341	PA	Female	30	31	31	29	31	31
342	PA	Female	33	33	34	34	37	36
343	PA	Female	34	35	35	39	39	41

s.no	YOGA1P A0	sexMALE1FEMAL E0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
344	PA	Female	32	35	35	32	32	31
345	PA	Female	24	18	21	28	30	30
346	PA	Male	27	27	27	30	30	31
347	PA	Female	25.86	26.56	27.11	27.24	27.9	28.45
348	PA	Male	28	29	27	29	29	30
349	PA	Male	27	26	27	24	20	26

350	PA	Male	25.86	26.56	27.11	27.24	27.9	28.45
351	PA	Female	39	37	37	39	40	40
352	PA	Female	36	37	37	27.24	27.9	28.45
196	PA	Male	31	33	33	30	32	31
198	PA	Male	28	31	29	34	37	30
200	PA	Male	24	22	32	30	31	32
202	PA	Male	30	30	31	29	29	32
203	PA	Male	25	25	26	22	25	26
204	PA	Male	19	19	20	18	17	18
205	PA	Female	19	17	16	20	18	21
206	PA	Male	15	21	23	28	27	26
207	PA	Male	23	23	24	27	28	29
208	PA	Male	33	30	33	36	38	38
209	PA	Female	28	30	29	19	23	23
210	PA	Male	25	30	35	27.24	27.9	28.45
211	PA	Male	29	31	32	28	30	30
212	PA	Male	30	34	37	27.24	27.9	28.45
213	PA	Male	22	25	24	23	24	26
214	PA	Male	34	34	35	35	34	34
215	PA	Male	14	15	17	14	12	15
216	PA	Female	19	18	19	26	24	25
217	PA	Male	34	32	32	35	36	36
218	PA	Female	34	32	32	27.24	27.9	28.45
219	PA	Female	28	28	28	29	30	30
220	PA	Female	28	28	30	29	29	29
221	PA	Female	25	25	26	26	25	27
222	PA	Female	25	25	26	21	22	23
223	PA	Female	26	26	23	27	29	28
224	PA	Female	23	26	25	32	31	32
225	PA	Female	33	34	44	30	28	28
226	PA	Male	30	30	27	29	29	30
227	PA	Female	32	27	28	31	34	30

s.no	YOGA1P A0	sexMALE1FEMA LE0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
228	PA	Male	31	30	33	27	29	31
229	PA	Female	16	17	15	17	17	18
230	PA	Female	30	25	27	28	30	31
231	PA	Female	32	34	33	34	34	35
232	PA	Female	20	28	28	26	25	24
233	PA	Female	26	27	24	25	28	26
731	PA	Male	30	30	32	35	33	35
733	PA	Female	35	34	34	36	35	35
735	PA	Female	12	17	15	24	23	27

737	PA	Female	28	30	32	30	31	30
739	PA	Female	13	15	16	23	24	26
741	PA	Female	25	26	27	27	27	26
743	PA	Female	27	28	31	25	20	19
745	PA	Female	26	26	24	23	26	26
747	PA	Male	25	24	27	27	28	30
749	PA	Female	25.86	26.56	27.11	27.24	27.9	28.45
751	PA	Male	25.86	26.56	27.11	27.24	27.9	28.45
753	PA	Female	28	29	30	28	33	33
755	PA	Female	13	14	16	20	21	24
757	PA	Male	28	26	24	30	31	30
759	PA	Male	23	23	23	27	27	26
761	PA	Male	21	23	25	25	20	19
763	PA	Female	22	26	26	23	26	26
765	PA	Female	25.86	26.56	27.11	27.24	27.9	28.45
767	PA	Male	25.86	26.56	27.11	27.24	27.9	28.45
769	PA	Male	26	29	30	28	22	29
771	PA	Male	31	30	31	25	26	25
773	PA	Female	29	30	30	31	33	33
775	PA	Male	31	32	32	26	25	26
777	PA	Male	13	15	16	26	29	24
779	PA	Female	25.86	26.56	27.11	27.24	27.9	28.45
781	PA	Male	18	17	18	24	26	25
783	PA	Male	35	36	34	37	35	33
785	PA	Male	25.86	26.56	27.11	27.24	27.9	28.45
787	PA	Male	28	29	30	33	32	31
789	PA	Female	13	14	16	16	17	18

s.no	YOGA1P A0	sexMALE1FEMA LE0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
791	PA	Male	25.86	26.56	27.11	27.24	27.9	28.45
793	PA	Male	25.86	26.56	27.11	27.24	27.9	28.45
795	PA	Female	34	32	36	36	38	38
797	PA	Male	29	26	29	28	29	30
798	PA	Male	12	15	15	24	24	23
799	PA	Male	27	30	29	30	31	33
800	PA	Female	25	27	26	28	27	29
801	PA	Male	30	28	29	29	30	30
802	PA	Female	25.86	26.56	27.11	27.24	27.9	28.45
234	PA	Male	25	26	22	21	23	29
235	PA	Male	22	22	23	26	25	30
236	PA	Male	29	30	29	33	33	35
237	PA	Male	32	34	35	35	36	40
238	PA	Male	27	29	29	34	34	35

239	PA	Male	24	25	27	23	21	24
240	PA	Male	22	25	22	27.24	27.9	28.45
241	PA	Male	28	27	27	26	26	28
242	PA	Male	26	27	26	23	22	24
244	PA	Male	28	24	29	12	16	13
246	PA	Male	22	24	26	26	27	27
248	PA	Male	33	35	33	34	35	36
250	PA	Male	28	25	29	33	33	36
252	PA	Male	24	27	26	25	25	26
254	PA	Male	26	25	27	24	24	25

s.no	YOGA1P A0	sexMALE1FEMA LE0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
256	PA	Male	36	37	35	37	37	39
258	PA	Male	24	25	23	23	24	24
260	PA	Male	18	21	24	27.24	27.9	28.45
262	PA	Male	25	26	26	32	31	33
264	PA	Male	17	18	19	20	20	21
266	PA	Male	17	14	16	27	19	27
268	PA	Male	23	24	26	32	32	33
270	PA	Male	28	27	31	25	28	26
272	PA	Male	17	24	22	15	18	17
274	PA	Female	24	25	25	27	24	28
276	PA	Female	16	17	19	15	18	16
278	PA	Female	25.86	26.56	27.11	15	22	14
280	PA	Female	25	26	29	18	20	20
282	PA	Female	24	28	27	30	30	31
284	PA	Female	28	27	27	29	30	29
286	PA	Female	23	25	24	20	22	21
288	PA	Female	25	32	32	27	28	29
290	PA	Male	20	24	19	26	27	27
292	PA	Female	23	20	21	27.24	27.9	28.45
294	PA	Male	19	22	21	29	32	29
296	PA	Female	35	35	35	27.24	27.9	28.45
298	PA	Female	31	34	35	38	33	36
300	PA	Female	25	28	28	32	35	37
302	PA	Female	19	18	19	21	22	24
304	PA	Female	15	12	12	38	39	39
1	PA	Male	20	21	19	21	24	22
2	PA	Male	25	26	25	26	26	28
3	PA	Male	20	21	22	24	24	25
4	PA	Male	25	27	28	28	29	31
5	PA	Male	17	18	18	18	19	19
6	PA	Male	21	22	23	23	25	26
7	PA	Male	28	28	28	32	32	33

8	PA	Male	27	26	27	27	28	24
9	PA	Male	22	23	24	25	25	30
10	PA	Male	28	29	29	35	37	36
11	PA	Male	23	23	24	26	26	27
12	PA	Male	24	26	26	37	34	33
13	PA	Male	31	31	31	34	33	35
14	PA	Male	29	30	30	23	25	24
15	PA	Male	28	28	28	25	28	28
16	PA	Male	25.86	26.56	27.11	27.24	27.9	28.45
17	PA	Male	36	32	30	34	33	35
18	PA	Male	26	28	27	27	30	31
19	PA	Male	29	29	29	26	28	28
20	PA	Male	24	25	25	28	30	30
21	PA	Male	27	29	27	32	31	33
22	PA	Male	32	32	32	32	33	33
23	PA	Male	26	25	27	29	30	30

s.no	YOGA1P A0	sexMALE1FEMAL E0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
24	PA	Male	31	32	34	34	37	38
25	PA	Male	24	22	24	34	36	33
26	PA	Male	27	26	26	27	27	29
27	PA	Female	19	15	14	22	23	22
28	PA	Female	25	27	28	30	31	32
29	PA	Female	21	20	22	18	20	22
30	PA	Female	19	19	21	22	23	25
31	PA	Female	20	17	20	20	20	22
32	PA	Female	31	30	32	30	32	31
33	PA	Female	29	28	28	24	26	28
34	PA	Female	26	26	27	35	38	30
35	PA	Female	31	32	32	35	38	38
36	PA	Female	28	27	29	33	33	33
37	PA	Female	30	32	31	29	30	34
38	PA	Female	27	27	28	29	29	31
39	PA	Female	28	26	26	27	30	31
40	PA	Male	20	19	21	24	27	31
41	PA	Female	27	28	26	37	37	37
82	PA	Female	19	27	30	34	32	32
84	PA	Male	19	20	22	27	26	26
85	PA	Female	20	22	21	19	20	21
86	PA	Male	22	23	24	27.24	27.9	28.45
87	PA	Male	25	26	25	29	29	31
88	PA	Female	20	22	21	23	25	25
89	PA	Male	23	24	25	27	29	30
90	PA	Female	18	22	22	19	18	19

91	PA	Female	19	24	22	22	22	24
92	PA	Male	25.86	26.56	27.11	19	23	23
93	PA	Female	24	23	23	23	27	27
94	PA	Male	22	22	18	21	23	21
95	PA	Male	18	19	18	17	18	19
96	PA	Female	19	19	21	19	21	24
97	PA	Female	26	26	26	24	22	24
98	PA	Male	28	30	31	26	23	27
99	PA	Male	25	26	24	27	25	29
100	PA	Female	22	22	23	18	17	19
101	PA	Female	23	25	24	25	25	25
102	PA	Male	22	24	25	21	18	19
103	PA	Male	27	25	27	24	26	26
104	PA	Female	16	17	18	17	19	17
s.no	YOGA1P A0	sexMALE1FEMAL E0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
105	PA	Female	17	22	24	19	18	24
106	PA	Male	26	25	25	23	21	23
107	PA	Female	23	25	25	21	22	24
108	PA	Male	24	22	24	20	18	15
109	PA	Female	26	26	27	27	28	28
110	PA	Male	25	28	29	26	29	31
111	PA	Female	24	24	25	26	28	28
112	PA	Male	28	28	28	30	30	30
113	PA	Male	21	23	23	20	23	27
114	PA	Male	19	27	28	24	26	27
115	PA	Male	25.86	26.56	27.11	17	20	20
116	PA	Male	29	25	25	23	25	24
117	PA	Male	32	27	34	26	26	27
118	PA	Male	17	19	18	17	18	16
559	Yoga	Male	22	27	27	24	28	28
560	Yoga	Female	21	23	24	30	26	27
561	Yoga	Female	29	31	32	31	32	34
562	Yoga	Male	20	21	23	23	26	25
563	Yoga	Female	25.86	26.56	27.11	27.24	27.9	28.45
564	Yoga	Female	22	22	25	28	26	28
565	Yoga	Female	30	29	29	29	28	28
566	Yoga	Female	25	27	24	23	25	26
567	Yoga	Male	26	29	30	27	27	26
568	Yoga	Female	32	31	31	36	36	37
569	Yoga	Male	29	30	31	30	33	31
570	Yoga	Female	34	32	35	32	33	32
571	Yoga	Female	34	32	36	31	32	33
572	Yoga	Male	29	26	29	30	33	32
573	Yoga	Male	18	15	18	20	23	25
574	Yoga	Female	35	36	34	35	36	37

575	Yoga	Male	12	15	15	9	9	10
576	Yoga	Female	28	31	32	23	23	25
577	Yoga	Male	13	14	16	22	24	25
578	Yoga	Male	25	24	27	22	23	23
579	Yoga	Male	24	21	24	24	30	30
580	Yoga	Female	35	35	35	31	30	30
581	Yoga	Male	23	23	24	23	23	26
582	Yoga	Male	26	31	31	27.24	27.9	28.45

s.no	YOGA1P A0	sexMALE1FEMAL E0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
583	Yoga	Male	21	22	25	16	17	20
584	Yoga	Female	21	21	21	24	24	23
585	Yoga	Female	44	41	46	45	40	45
586	Yoga	Female	31	34	36	36	35	35
587	Yoga	Male	29	30	31	29	30	31
588	Yoga	Male	35	36	34	28	31	30
589	Yoga	Female	35	38	40	34	35	35
590	Yoga	Female	32	31	37	27.24	27.9	28.45
354	Yoga	Male	23	23	26	25	26	28
355	Yoga	Female	26	26	23	28	29	29
356	Yoga	Male	24	26	25	29	28	28
360	Yoga	Female	28	26	26	29	30	31
361	Yoga	Male	28	28	29	29	31	31
362	Yoga	Female	25	26	29	35	31	31
363	Yoga	Female	28	25	17	30	30	29
364	Yoga	Male	30	32	32	31	31	31
365	Yoga	Male	23	23	23	27	26	29
366	Yoga	Male	21	21	21	27	27	27
367	Yoga	Female	30	26	27	27	28	28
368	Yoga	Female	30	32	33	31	32	32
369	Yoga	Female	25.86	26.56	27.11	27.24	27.9	28.45
370	Yoga	Male	31	30	32	32	32	33
371	Yoga	Female	31	33	33	31	33	33
372	Yoga	Male	25.86	26.56	27.11	27.24	27.9	28.45
373	Yoga	9999	33	35	33	38	38	38
374	Yoga	Male	36	36	38	34	35	36
375	Yoga	Female	28	30	31	29	29	31
376	Yoga	Female	36	35	35	35	35	35
377	Yoga	Female	25	25	24	23	25	24
378	Yoga	Male	29	32	32	32	34	36
379	Yoga	Male	32	32	32	33	36	36
380	Yoga	Male	25	26	25	29	30	32
381	Yoga	Female	25	27	25	29	31	31
382	Yoga	Male	32	34	34	33	33	35

383	Yoga	Female	25.86	26.56	27.11	27.24	27.9	28.45
384	Yoga	Female	27	30	30	31	32	33
385	Yoga	Male	25	25	26	28	29	29
386	Yoga	Female	33	33	35	34	36	35
387	Yoga	Female	28	28	29	30	30	31
388	Yoga	Female	25	27	28	28	32	31
389	Yoga	Male	30	31	29	32	32	33
390	Yoga	Male	31	31	31	30	31	31
391	Yoga	Female	30	32	34	33	33	34
392	Yoga	Male	24	23	25	28	29	30
393	Yoga	Female	33	32	34	33	33	35
394	Yoga	Male	22	26	24	28	28	29
396	Yoga	Male	22	26	24	26	27	28
437	Yoga	Male	11	11	11	27.24	27.9	28.45
438	Yoga	Female	30	23	19	28	29	30
439	Yoga	Male	19	17	19	24	28	29
440	Yoga	Female	28	26	24	27.24	27.9	28.45
441	Yoga	Male	33	33	33	31	35	34
442	Yoga	Female	30	33	34	35	34	34
443	Yoga	Male	23	23	25	28	28	29

s.no	YOGA1P A0	sexMALE1FEMAL E0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
444	Yoga	Female	23	23	22	24	25	26
445	Yoga	Female	28	29	28	27.24	27.9	28.45
446	Yoga	Male	21	23	25	26	27	27
447	Yoga	Female	22	26	26	28	27	28
448	Yoga	Male	29	28	30	27.24	27.9	28.45
449	Yoga	Female	35	35	34	27.24	27.9	28.45
450	Yoga	Female	23	23	22	19	24	23
451	Yoga	Female	25	25	23	28	28	29
452	Yoga	Female	25	26	30	30	33	33
453	Yoga	Female	29	28	29	31	31	32
454	Yoga	Male	32	33	34	33	33	35
455	Yoga	Female	21	23	22	27.24	27.9	28.45
456	Yoga	Female	24	24	25	28	29	30
457	Yoga	Female	25	28	29	27.24	27.9	28.45
458	Yoga	Female	25.86	26.56	27.11	27.24	27.9	28.45
459	Yoga	Female	23	24	25	27.24	27.9	28.45
460	Yoga	Female	25	23	24	30	31	31
461	Yoga	Male	30	29	30	31	31	31
462	Yoga	Female	38	37	37	36	36	38
463	Yoga	Male	28	28	29	29	31	31
464	Yoga	Male	29	28	29	27.24	27.9	28.45
465	Yoga	Male	35	35	34	27.24	27.9	28.45

466	Yoga	Male	29	30	31	32	33	35
467	Yoga	Female	24	23	22	29	28	29
468	Yoga	Female	24	26	26	27.24	27.9	28.45
469	Yoga	Male	29	30	29	27.24	27.9	28.45
470	Yoga	Male	32	35	34	27.24	27.9	28.45
471	Yoga	Male	28	28	28	28	28	30
473	Yoga	Female	27	30	30	27.24	27.9	28.45
475	Yoga	Male	28	29	29	27	26	26
477	Yoga	Female	33	32	31	27.24	27.9	28.45
479	Yoga	Female	31	31	34	27.24	27.9	28.45
481	Yoga	Male	21	23	23	17	22	22
608	Yoga	Male	25.86	26.56	27.11	27.24	27.9	28.45
610	Yoga	Female	18	20	17	28	28	26
612	Yoga	Female	29	32	33	30	31	30
614	Yoga	Female	28	26	28	30	31	30
616	Yoga	Female	29	24	27	27	27	26
618	Yoga	Female	29	28	29	25	20	19
620	Yoga	Male	30	33	36	33	36	35
622	Yoga	Male	23	23	25	27	26	29
624	Yoga	Male	25.86	26.56	27.11	27.24	27.9	28.45
626	Yoga	Male	18	20	17	25	27	27
628	Yoga	Male	29	32	33	30	33	31

s.no	YOGA1P A0	sexMALE1FEMAL E0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
630	Yoga	Male	25.86	26.56	27.11	27.24	27.9	28.45
632	Yoga	Female	23	24	23	22	22	18
634	Yoga	Female	21	24	23	23	20	21
636	Yoga	Female	20	16	17	23	25	27
638	Yoga	Female	25.86	26.56	27.11	27.24	27.9	28.45
640	Yoga	Male	22	23	22	25	26	27
642	Yoga	Female	27	28	32	27	30	31
644	Yoga	Female	20	18	18	22	22	20
646	Yoga	Female	11	13	14	11	12	13
648	Yoga	Male	23	23	22	24	27	28
650	Yoga	Male	28	29	28	29	30	31
652	Yoga	Male	29	24	27	22	26	27
654	Yoga	Male	13	15	16	24	25	24
656	Yoga	Male	19	19	21	23	22	24
658	Yoga	Female	26	26	26	28	29	29
660	Yoga	Female	13	15	16	23	23	24
662	Yoga	Male	23	23	22	24	24	26
664	Yoga	Male	26	29	30	26	25	26
666	Yoga	Female	31	34	31	26	29	24

668	Yoga	Female	27	30	29	33	32	31
670	Yoga	Female	25	27	26	24	26	25
671	Yoga	Female	30	28	29	30	31	33
672	Yoga	Female	16	17	17	16	18	18
673	Yoga	Male	23	25	24	24	24	23
674	Yoga	Female	25.86	26.56	27.11	27.24	27.9	28.45
675	Yoga	Female	27	26	27	31	32	34
676	Yoga	Female	29	30	30	27	30	30
677	Yoga	Female	29	27	28	28	28	29
678	Yoga	Female	23	23	25	28	30	30
710	Yoga	Female	18	22	22	26	26	26
712	Yoga	Female	24	25	25	27	30	31
714	Yoga	Male	20	21	21	26	26	27
716	Yoga	Female	28	30	32	27.24	27.9	28.45
718	Yoga	Female	33	37	32	27.24	27.9	28.45
720	Yoga	Female	35	33	31	30	30	33
722	Yoga	Female	26	26	24	26	25	26
s.no	YOGA1P A0	sexMALE1FEMAL E0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
724	Yoga	Female	32	28	30	32	31	31
726	Yoga	Female	25.86	26.56	27.11	20	23	22
728	Yoga	Female	26	26	27	26	26	28
730	Yoga	Female	27	28	31	23	20	25
732	Yoga	Female	31	30	31	27.24	27.9	28.45
734	Yoga	Female	26	26	26	27.24	27.9	28.45
736	Yoga	Female	23	27	31	34	30	32
738	Yoga	Female	29	31	33	30	31	32
740	Yoga	Female	33	33	36	30	31	31
762	Yoga	Male	26	26	27	27	29	28
764	Yoga	Female	30	32	36	31	31	31
766	Yoga	Male	25	26	27	27	25	22
768	Yoga	Male	26	26	25	29	29	27
770	Yoga	Male	24	25	26	24	25	22
772	Yoga	Male	25	25	27	29	27	27
774	Yoga	Male	17	24	26	22	24	22
776	Yoga	Male	30	29	31	32	31	31
778	Yoga	Male	35	37	38	35	36	37
780	Yoga	Female	27	32	31	32	33	36
782	Yoga	Female	28	26	31	25	25	24
784	Yoga	Female	25.86	26.56	27.11	27.24	27.9	28.45
786	Yoga	Female	25.86	26.56	27.11	27.24	27.9	28.45
788	Yoga	Male	25.86	26.56	27.11	27.24	27.9	28.45
790	Yoga	Male	25.86	26.56	27.11	27.24	27.9	28.45
792	Yoga	Male	25.86	26.56	27.11	27.24	27.9	28.45
794	Yoga	Male	25.86	26.56	27.11	27.24	27.9	28.45
796	Yoga	Male	25.86	26.56	27.11	27.24	27.9	28.45
515	Yoga	Male	25.86	26.56	27.11	16	23	23

516	Yoga	Male	24	26	26	26	28	28
517	Yoga	Male	14	16	18	16	19	21
518	Yoga	Female	25.86	26.56	27.11	31	33	32
519	Yoga	Male	31	28	31	22	31	28
520	Yoga	Male	29	36	36	34	34	37
521	Yoga	Male	20	23	23	22	21	21
522	Yoga	Male	25	27	28	22	24	25
523	Yoga	Female	22	24	24	31	31	32
524	Yoga	Male	13	20	26	29	31	31
525	Yoga	Female	28	28	28	30	31	32
526	Yoga	Female	25	23	27	24	23	25
527	Yoga	Male	32	32	33	29	29	31

s.no	YOGA1P A0	sexMALE1FEMAL E0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
528	Yoga	Male	19	18	20	27	27	28
529	Yoga	Female	31	32	34	27	25	29
530	Yoga	Male	40	39	40	36	35	35
531	Yoga	Male	23	20	22	19	21	20
532	Yoga	Female	24	26	27	26	29	29
533	Yoga	Male	27	23	23	27	31	29
534	Yoga	Female	21	20	21	27.24	27.9	28.45
535	Yoga	Female	21	26	26	27	26	29
536	Yoga	Male	24	25	26	30	29	30
537	Yoga	Male	23	24	25	31	32	33
538	Yoga	Female	13	11	13	12	14	17
539	Yoga	Female	15	20	21	21	20	25
540	Yoga	Male	28	32	30	22	26	27
541	Yoga	Female	24	24	24	25	26	28
542	Yoga	Female	30	33	34	33	30	31
543	Yoga	Female	20	15	26	23	25	24
544	Yoga	Female	24	24	24	20	18	19
545	Yoga	Male	12	12	18	15	16	17
546	Yoga	Male	29	28	28	27	29	29
547	Yoga	Male	12	14	18	18	16	17
548	Yoga	Female	35	37	34	34	37	40
549	Yoga	Male	45	39	41	37	40	42

s.no	YOGA1P A0	sexMALE1FEMA LE0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
550	Yoga	Female	32	29	27	30	32	31
551	Yoga	Female	25.86	26.56	27.11	30	25	23
552	Yoga	Female	25.86	26.56	27.11	25	28	28

553	Yoga	Male	25.86	26.56	27.11	23	23	24
554	Yoga	Female	25.86	26.56	27.11	33	34	33
555	Yoga	Male	25.86	26.56	27.11	38	33	31
556	Yoga	Male	25.86	26.56	27.11	20	24	26
557	Yoga	Male	25.86	26.56	27.11	30	31	29
558	Yoga	Male	25.86	26.56	27.11	30	31	31
679	Yoga	Male	24	28	28	24	24	23
680	Yoga	Male	30	29	29	35	33	36
681	Yoga	Male	21	22	21	29	32	30
682	Yoga	Female	30	32	32	29	30	31
683	Yoga	Male	30	26	29	27.24	27.9	28.45
684	Yoga	Male	19	25	27	23	25	26
685	Yoga	Male	25	26	26	27	27	26
686	Yoga	Male	31	31	31	36	36	37
687	Yoga	Male	16	15	16	20	23	27
688	Yoga	Male	29	30	30	32	33	32
689	Yoga	Male	30	32	33	31	32	33
690	Yoga	Male	22	24	26	27.24	27.9	28.45
691	Yoga	Female	27	29	29	34	29	33
692	Yoga	Male	26	28	28	28	29	31
693	Yoga	Male	31	35	37	36	35	35
694	Yoga	Female	30	30	31	29	30	31
695	Yoga	Female	30	30	29	31	33	33
696	Yoga	Female	31	32	31	32	33	33
697	Yoga	Female	24	26	26	30	31	30
698	Yoga	Female	27	29	32	30	31	30
699	Yoga	Female	24	25	25	31	30	30
700	Yoga	Female	26	26	28	30	31	33
701	Yoga	Female	23	24	29	24	24	23
702	Yoga	Female	21	17	20	25	26	27
703	Yoga	Female	20	23	22	26	25	29
704	Yoga	Male	26	29	29	29	30	31
705	Yoga	Female	26	27	26	28	28	29
706	Yoga	Female	30	31	31	30	32	32
707	Yoga	Female	30	33	32	33	32	33
708	Yoga	Female	21	22	22	23	25	26
709	Yoga	Female	29	25	29	27	27	26

s.no	YOGA1P A0	sexMALE1FEMA LE0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
711	Yoga	Female	30	29	29	30	31	33
713	Yoga	Female	25	30	30	29	28	30
715	Yoga	Female	18	20	20	22	23	27
717	Yoga	Male	25	23	24	31	32	33
719	Yoga	Female	22	24	24	27	27	28

721	Yoga	Female	27	21	21	24	24	23
723	Yoga	Female	26	26	25	36	36	37
725	Yoga	Female	21	21	23	30	33	31
727	Yoga	Female	27	29	31	31	28	29
729	Yoga	Female	26	28	24	24	24	23
599	Yoga	Male	19	18	17	27.24	27.9	28.45
600	Yoga	Male	32	33	36	29	29	31
601	Yoga	Male	35	35	35	35	36	37
602	Yoga	Male	18	18	19	16	16	16
603	Yoga	Male	34	33	33	39	41	40
604	Yoga	Male	14	22	20	27	28	24
605	Yoga	Male	38	39	40	43	46	45
606	Yoga	Male	25	27	25	28	27	30
607	Yoga	Male	24	25	26	27	27	29
609	Yoga	Male	23	21	26	24	25	29
611	Yoga	Male	20	20	21	15	17	15
613	Yoga	Male	17	22	26	26	27	24
615	Yoga	Female	29	31	30	31	30	30
617	Yoga	Male	28	27	29	27.24	27.9	28.45
619	Yoga	Male	23	24	25	31	29	30
621	Yoga	Male	18	19	21	29	29	30
623	Yoga	Male	22	27	29	37	38	38
625	Yoga	Male	13	14	16	23	21	24
627	Yoga	Male	13	14	14	27.24	27.9	28.45
629	Yoga	Male	37	39	40	44	44	45
631	Yoga	Male	27	27	27	34	35	34
633	Yoga	Female	25	23	22	34	36	35
635	Yoga	Female	27	27	26	28	29	29
637	Yoga	Female	26	26	27	36	37	38

s.no	YOGA1P A0	sexMALE1FEMA LE0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
639	Yoga	Female	22	21	21	32	28	32
641	Yoga	Female	23	26	29	30	31	31
643	Yoga	Female	26	27	28	35	35	36
645	Yoga	Female	31	31	28	30	29	32
647	Yoga	Female	16	20	23	24	26	26
649	Yoga	Female	18	15	17	25	25	27
651	Yoga	Female	21	23	28	31	29	32
653	Yoga	Female	16	16	15	22	23	20
655	Yoga	Female	25	25	24	44	41	46
399	Yoga	Male	23	25	27	30	31	31
400	Yoga	Male	22	24	22	28	31	31
401	Yoga	Female	33	31	31	32	34	35
402	Yoga	Male	25	26	30	26	29	30

403	Yoga	Male	38	36	34	32	34	35
404	Yoga	Male	23	23	22	25	25	25
405	Yoga	Male	34	33	33	30	32	30
406	Yoga	Male	17	19	23	24	26	29
407	Yoga	Male	12	11	11	17	17	17
408	Yoga	Male	24	29	31	30	34	37
409	Yoga	Male	25	23	25	23	22	23
410	Yoga	Male	21	22	24	25	27	26
411	Yoga	Male	28	24	21	17	17	14
412	Yoga	Male	34	34	35	35	36	36
413	Yoga	Male	27	31	30	27	28	29
414	Yoga	Male	40	43	42	40	40	41
415	Yoga	Male	25	29	26	32	33	32

s.no	YOGA1P A0	sexMALE1FEMAL E0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
416	Yoga	Male	25	28	25	23	30	31
417	Yoga	Male	34	37	33	40	42	37
418	Yoga	Male	34	34	33	34	33	32
419	Yoga	Male	14	18	19	21	25	23
420	Yoga	Male	24	34	34	37	38	40
421	Yoga	Female	20	20	22	19	21	22
435	Yoga	Female	21	21	23	18	20	16
436	Yoga	Female	21	25	24	23	24	22
472	Yoga	Female	23	21	21	19	19	16
474	Yoga	Male	19	20	22	25	27	27
476	Yoga	Male	24	27	26	23	25	24
478	Yoga	Female	16	16	17	11	12	15
480	Yoga	Male	20	23	26	20	20	24
482	Yoga	Female	22	25	30	19	21	23
483	Yoga	Male	29	28	30	29	31	30
484	Yoga	Female	19	19	14	22	20	21
485	Yoga	Male	22	25	25	20	21	21
486	Yoga	Female	25	15	19	21	27	27
487	Yoga	Male	32	32	29	30	33	35
488	Yoga	Male	22	23	24	26	25	26
489	Yoga	Female	16	16	17	24	23	26
490	Yoga	Male	29	28	29	32	32	33
491	Yoga	Female	15	16	15	17	16	16

s.no	YOGA1P A0	sexMALE1FEMA LE0	SR1_ 1	SR2_ 1	SR3_ 1	SR11_ 1	SR12_ 1	SR13_ 1
492	Yoga	Male	22	25	25	24	27	27
493	Yoga	Male	25	26	27	22	24	26
494	Yoga	Female	22	18	19	22	22	23
495	Yoga	Female	23	22	26	22	25	29
496	Yoga	Male	30	32	32	24	34	33
497	Yoga	Male	22	19	21	18	17	18
498	Yoga	Female	22	23	23	23	23	23
499	Yoga	Male	23	24	24	21	20	25
500	Yoga	Female	31	29	28	27	28	29
501	Yoga	Male	26	29	29	26	27	27
502	Yoga	Male	16	18	17	18	17	18
503	Yoga	Male	25.86	26.56	27.11	25	28	28
504	Yoga	Male	25.86	26.56	27.11	26	28	30
505	Yoga	Male	25	28	26	28	28	30
506	Yoga	Male	21	24	24	26	27	28
507	Yoga	Male	26	24	25	27	27	26
508	Yoga	Male	15	15	16	17	18	19
509	Yoga	Male	22	27	27	21	23	25
510	Yoga	Male	25.86	26.56	27.11	23	27	27
511	Yoga	Female	25.86	26.56	27.11	27.24	27.9	28.45
512	Yoga	Female	25.86	26.56	27.11	27.24	27.9	28.45
513	Yoga	Female	25.86	26.56	27.11	27.24	27.9	28.45
514	Yoga	Female	25.86	26.56	27.11	27.24	27.9	28.45

## HAND GRIP TEST

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11 _1	HG12 _1	HG13 _1
159	PA	Female		20.6	20.3	28.45	21.08	20.91
160	PA	Female	23	23	23	27	23	24
161	PA	Male	15	14	13	13	13	14
162	PA	Female	21	21	23	18	20	21
163	PA	Female	22	23	22	19	20	20
164	PA	Female	16	17	16	21.08	20.91	20.84
165	PA	Male	19	19	19	21	20	21
166	PA	Male	23	22	22	24	24	23
167	PA	Female	20.6	20.3	19.94	21.08	20.91	20.84
168	PA	Male	35	34	35	34	34	34
169	PA	Male	22	20	20	22	21	21
170	PA	Female	15	15	16	15	17	15
171	PA	Male	21	22	19	21.08	20.91	20.84
172	PA	Male	28	26	25	25	24	23
188	PA	Male	17	17	19	21.08	20.91	20.84

189	PA	Male	14	15	15	13	15	15
190	PA	Male	22	22	29	24	22	22
191	PA	Female	16	16	12	16	16	15
192	PA	Female	20	20	19	20	19	18
193	PA	Male	20.6	20.3	19.94	21.08	20.91	20.84
194	PA	Male	16	15	15	13	11	11
195	PA	Female	20	18	15	19	16	15
197	PA	Male	22	21	23	21.08	20.91	20.84
199	PA	Male	20	21	19	19	20	20

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11 _1	HG12 _1	HG13 _1
201	PA	Male	15	18	20	21	20	21
42	PA	Male	25	22	23	26	26	28
43	PA	Female	23	24	23	21	21	21
44	PA	Male	20	21	21	21.08	20.91	20.84
45	PA	Male	20	21	21	21	22	22
46	PA	Female	11	16	18	19	20	21
47	PA	Female	25	25	22	21.08	20.91	20.84
48	PA	Female	21	21	20	20	17	18
49	PA	Female	20.6	20.3	19.94	21.08	20.91	20.84
50	PA	Female	13	13	14	21.08	20.91	20.84
51	PA	Female	10	9	9	11	10	10
52	PA	Female	21	20	20	21.08	20.91	20.84
53	PA	Male	23	26	26	22	23	23
54	PA	Male	16	16	16	17	18	19
55	PA	Female	20	20	20	20	21	21
56	PA	Male	17	17	17	21.08	20.91	20.84
57	PA	Female	20	19	15	21	19	19
58	PA	Female	18	19	20	21.08	20.91	20.84
59	PA	Male	28	28	28	21.08	20.91	20.84
60	PA	Male	20	20	21	21	21	21
61	PA	Female	21	21	20	21	19	19
62	PA	9999	23	25	25	21.08	20.91	20.84
63	PA	Female	20.6	20.3	19.94	21.08	20.91	20.84
64	PA	Female	22	21	21	21.08	20.91	20.84
65	PA	Female	22	18	19	22	21	21
66	PA	Male	34	33	37	33	33	35
67	PA	Male	25	26	28	26	27	27
68	PA	Male	22	20	22	21.08	20.91	20.84
69	PA	Male	20	22	21	21	18	19
70	PA	Male	24	24	23	21.08	20.91	20.84
71	PA	Male	15	16	15	16	16	15
72	PA	Female	26	22	25	26	24	23

73	PA	Male	24	23	23	21.08	20.91	20.84
74	PA	Female	22	19	14	21.08	20.91	20.84
75	PA	Female	27	28	28	27	26	27
76	PA	Female	37	39	37	37	39	36
77	PA	Male	20	21	19	19	20	20
78	PA	Female	24	21	19	20	20	21

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11 _1	HG12 _1	HG13 _1
79	PA	Male	34	33	34	33	34	34
80	PA	Female	20.6	20.3	19.94	21.08	20.91	20.84
81	PA	Male	22	21	21	21.08	20.91	20.84
83	PA	Male	23	24	23	23	22	23
119	PA	Male	29	28	29	21.08	20.91	20.84
120	PA	Male	29	29	29	21.08	20.91	20.84
121	PA	Male	20.6	20.3	19.94	21.08	20.91	20.84
123	PA	Male	39	37	35	21.08	20.91	20.84
124	PA	Male	35	37	37	42	41	42
125	PA	Female	20.6	20.3	19.94	21.08	20.91	20.84
126	PA	Male	26	23	22	22	23	23
127	PA	Female	16	16	14	17	17	16
128	PA	Male	20.6	20.3	19.94	21.08	20.91	20.84
129	PA	Male	21	22	23	21.08	20.91	20.84
130	PA	Female	22	21	19	21	21	22
131	PA	Female	13	13	14	12	14	14
132	PA	Female	13	14	15	21.08	20.91	20.84
133	PA	Female	14	14	14	13	14	12
134	PA	Female	19	20	20	18	19	20
135	PA	Female	21	20	17	21.08	20.91	20.84
136	PA	Female	23	23	20	21	22	21
137	PA	Male	30	33	33	21.08	20.91	20.84
138	PA	Male	18	19	17	19	19	20
139	PA	Female	20	19	19	21.08	20.91	20.84
140	PA	Female	17	19	21	21	18	16
141	PA	Male	35	32	32	33	33	33
142	PA	Male	29	31	31	30	31	31
143	PA	Male	17	18	16	21.08	20.91	20.84
144	PA	Male	33	31	31	33	34	33
145	PA	Female	15	19	19	18	19	20
146	PA	Female	25	22	24	25	26	27
147	PA	Female	25	26	24	21.08	20.91	20.84
148	PA	Male	27	22	24	21.08	20.91	20.84
149	PA	Female	20.6	20.3	19.94	21.08	20.91	20.84
150	PA	Female	22	17	16	22	22	23
151	PA	Female	14	9	10	14	13	12

152	PA	Female	20	20	20	21.08	20.91	20.84

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11 _1	HG12 _1	HG13 _1
153	PA	Female	27	27	27	27	25	23
154	PA	Female	12	15	14	16	17	17
155	PA	Male	36	36	34	21.08	20.91	20.84
156	PA	Male	25	26	26	28	28	29
157	PA	Female	27	30	33	21.08	20.91	20.84
158	PA	Male	18	18	16	21.08	20.91	20.84
243	PA	Male	24	21	21	21.08	20.91	20.84
245	PA	Male	22	21	21	23	21	20
247	PA	Female	17	19	18	21.08	20.91	20.84
249	PA	Female	24	23	23	21.08	20.91	20.84
251	PA	Female	23	22	22	23	21	22
253	PA	Male	19	19	14	21.08	20.91	20.84
255	PA	Female	16	14	14	16	15	18
257	PA	Female	17	15	11	17	11	12
259	PA	Female	20	19	18	20	20	20
261	PA	Female	16	14	14	14	12	14
263	PA	Male	25	30	37	21.08	20.91	20.84
265	PA	Male	22	22	22	24	24	24
267	PA	Male	25	26	25	28	27	25
269	PA	Female	17	15	16	16	16	16
271	PA	Male	12	16	17	17	17	17
273	PA	Male	26	24	24	22	25	24
275	PA	Male	18	18	20	21.08	20.91	20.84
277	PA	Female	23	23	25	29	28	24
279	PA	Male	17	17	17	18	15	15
281	PA	Female	15	16	16	24	23	25
283	PA	Male	20	19	16	21.08	20.91	20.84
285	PA	Male	30	27	28	21.08	20.91	20.84
287	PA	Female	9	9	9	14	15	14
289	PA	Female	22	19	19	15	21	24
291	PA	Female	16	19	16	21.08	20.91	20.84
293	PA	Female	20	18	15	15	20	16
295	PA	Female	10	13	11	17	14	14
297	PA	Male	20.6	20.3	19.94	21.08	20.91	20.84
299	PA	Female	16	16	15	19	18	16
301	PA	Female	19	16	17	18	18	18
303	PA	Female	25	24	24	27	27	26
305	PA	Female	16	14	15	14	12	13

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11 _1	HG12 _1	HG13 _1
306	PA	Female	16	15	15	19	17	18
307	PA	Male	20	20	20	27	25	22
308	PA	Female	20	18	20	17	16	15
309	PA	Male	24	23	23	21.08	20.91	20.84
310	PA	Female	20	21	29	20	21	23
317	PA	Male	23	23	23	23	22	21
318	PA	Male	23	23	21	22	21	22
319	PA	Male	14	15	14	15	13	12
320	PA	Male	13	15	16	18	15	16
321	PA	Male	19	19	17	19	20	18
322	PA	Male	14	15	14	15	15	14
323	PA	Female	16	17	15	14	13	13
324	PA	Male	15	16	17	17	15	14
325	PA	Male	22	21	20	21	23	22
326	PA	Female	22	22	23	23	20	20
327	PA	Male	13	13	15	14	15	15
328	PA	Male	14	12	10	10	11	10
329	PA	Female	14	14	13	13	11	12
330	PA	Female	8	9	8	9	8	9
331	PA	Female	21	22	21	25	24	25
332	PA	Female	16	15	14	13	14	14
333	PA	Female	19	22	23	23	23	22
334	PA	Female	19	19	14	18	14	14
335	PA	Female	18	19	17	21	21	22
336	PA	Female	17	15	16	19	18	16
337	PA	Female	15	14	15	15	14	14
338	PA	Female	16	15	15	14	13	14
339	PA	Female	20	17	16	19	17	16
340	PA	Female	14	12	13	15	14	12
341	PA	Female	16	17	17	16	17	16
342	PA	Female	23	23	23	23	22	24
343	PA	Female	17	19	17	18	17	17

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11_ 1	HG12_ 1	HG13_ 1
344	PA	Female	19	18	19	15	12	11
345	PA	Female	19	17	19	18	17	17
346	PA	Male	21	19	21	27	26	24
347	PA	Female	28	26	24	21.08	20.91	20.84
348	PA	Male	23	20	20	20	19	20
349	PA	Male	24	22	21	22	20	20
350	PA	Male	20.6	20.3	19.94	21.08	20.91	20.84
351	PA	Female	21	24	23	23	24	21

352	PA	Female	18	19	17	21.08	20.91	20.84
196	PA	Male	30	33	32	38	37	36
198	PA	Male	32	31	31	34	34	35
200	PA	Male	14	15	15	16	16	15
202	PA	Male	27	29	27	26	24	24
203	PA	Male	31	29	27	33	31	33
204	PA	Male	14	13	13	12	11	12
205	PA	Female	27	25	29	33	33	35
206	PA	Male	25	24	26	24	27	25
207	PA	Male	16	16	17	18	20	19
208	PA	Male	33	22	31	38	36	35
209	PA	Female	25	24	24	26	25	25
210	PA	Male	38	36	37	21.08	20.91	20.84
211	PA	Male	33	29	30	29	32	30
212	PA	Male	29	27	28	21.08	20.91	20.84
213	PA	Male	22	21	22	24	23	23
214	PA	Male	35	36	35	29	35	36
215	PA	Male	24	20	17	21	18	15
216	PA	Female	14	12	13	15	14	14
217	PA	Male	20	21	17	24	21	19
218	PA	Female	18	16	16	21.08	20.91	20.84
219	PA	Female	28	16	27	24	25	22
220	PA	Female	20	20	12	22	20	18
221	PA	Female	28	26	25	24	25	22
222	PA	Female	21	20	20	21	22	22
223	PA	Female	13	14	12	10	12	11
224	PA	Female	16	14	13	16	15	14
225	PA	Female	20	20	19	21	21	21
226	PA	Male	22	21	20	16	18	16
227	PA	Female	24	24	25	26	27	27

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11 _1	HG12 _1	HG13 _1
228	PA	Male	22	25	23	24	21	23
229	PA	Female	13	12	13	14	15	13
230	PA	Female	19	18	20	16	18	17
231	PA	Female	22	21	20	22	21	20
232	PA	Female	18	15	14	13	13	15
233	PA	Female	20	18	19	20	20	20
731	PA	Male	20.6	20.3	19.94	21.08	20.91	20.84
733	PA	Female	20.6	20.3	19.94	21.08	20.91	20.84
735	PA	Female	19	18	19	21	23	23
737	PA	Female	19	19	19	22	22	22
739	PA	Female	18	19	19	20	20	21
741	PA	Female	26	26	25	27	27	28

743	PA	Female	20	19	19	22	23	24
745	PA	Female	17	18	15	19	20	22
747	PA	Male	19	15	17	20	22	22
749	PA	Female	20.6	20.3	19.94	21.08	20.91	20.84
751	PA	Male	20.6	20.3	19.94	21.08	20.91	20.84
753	PA	Female	20.6	20.3	19.94	21.08	20.91	20.84
755	PA	Female	19	19	20	20	22	22
757	PA	Male	29	26	26	29	30	30
759	PA	Male	15	14	16	21	22	22
761	PA	Male	27	31	31	28	34	35
763	PA	Female	20.6	20.3	19.94	21.08	20.91	20.84
765	PA	Female	20.6	20.3	19.94	21.08	20.91	20.84
767	PA	Male	20.6	20.3	19.94	21.08	20.91	20.84
769	PA	Male	20	22	25	24	25	28
771	PA	Male	18	18	16	22	23	23
773	PA	Female	25	22	23	25	25	26
775	PA	Male	18	18	19	23	24	23
777	PA	Male	23	23	24	24	24	25
779	PA	Female	20.6	20.3	19.94	21.08	20.91	20.84
781	PA	Male	22	22	22	23	23	24
783	PA	Male	17	17	18	22	24	24
785	PA	Male	20.6	20.3	19.94	21.08	20.91	20.84
787	PA	Male	20	21	20	23	24	26
789	PA	Female	20	20	18	22	21	25

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11 _1	HG12 _1	HG13 _1
791	PA	Male	24	23	22	26	26	26
793	PA	Male	16	17	16	22	23	24
795	PA	Female	20.6	20.3	19.94	21.08	20.91	20.84
797	PA	Male	21	21	22	23	23	23
798	PA	Male	26	25	20	25	26	26
799	PA	Male	11	12	11	21	21	22
800	PA	Female	18	21	19	21	21	21
801	PA	Male	20.6	20.3	19.94	21.08	20.91	20.84
802	PA	Female	20.6	20.3	19.94	21.08	20.91	20.84
234	PA	Male	15	14	13	20	20	18
235	PA	Male	21	22	21	21	23	22
236	PA	Male	24	21	20	23	25	24
237	PA	Male	30	32	32	35	32	36
238	PA	Male	21	20	17	21	22	20
239	PA	Male	15	17	14	21	20	22
240	PA	Male	14	13	11	21.08	20.91	20.84

241	PA	Male	21	20	20	20	22	21
242	PA	Male	22	25	23	25	27	25
244	PA	Male	18	19	19	19	20	20
246	PA	Male	24	25	27	28	30	28
248	PA	Male	18	17	17	19	20	19
250	PA	Male	16	17	18	15	16	16
252	PA	Male	14	13	14	13	12	14
254	PA	Male	15	14	14	16	17	12

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11 _1	HG12 _1	HG13 _1
256	PA	Male	32	32	33	35	35	36
258	PA	Male	16	16	18	18	17	20
260	PA	Male	20	20	21	21.08	20.91	20.84
262	PA	Male	21	24	22	23	25	24
264	PA	Male	14	13	14	15	15	12
266	PA	Male	20	21	21	25	25	25
268	PA	Male	25	24	22	31	32	30
270	PA	Male	32	30	31	25	25	27
272	PA	Male	18	17	15	18	19	19
274	PA	Female	18	17	18	20	20	21
276	PA	Female	26	24	21	19	23	20
278	PA	Female	20.6	20.3	19.94	22	24	23
280	PA	Female	17	18	16	16	17	17
282	PA	Female	17	16	17	16	18	17
284	PA	Female	13	12	13	16	16	17
286	PA	Female	16	14	14	13	15	12
288	PA	Female	20	19	18	18	19	17
290	PA	Male	18	17	20	21.08	20.91	20.84
292	PA	Female	16	16	17	16	17	18
294	PA	Male	15	14	14	17	18	17
296	PA	Female	22	21	19	19	20	20
298	PA	Female	21	22	21	23	24	24
300	PA	Female	22	22	20	24	25	24
302	PA	Female	22	20	18	20	20	20
304	PA	Female	10	9	9	21.08	20.91	20.84
1	PA	Male	18	17	16	20	20	21
2	PA	Male	14	14	13	15	16	16
3	PA	Male	14	15	13	16	15	15
4	PA	Male	16	17	18	21	20	20
5	PA	Male	12	13	12	13	12	12
6	PA	Male	18	17	16	11	15	16
7	PA	Male	17	18	17	17	15	15
8	PA	Male	17	20	18	20	18	19

9	PA	Male	15	14	15	14	15	15
10	PA	Male	22	22	20	20	22	24
11	PA	Male	14	14	13	15	14	14
12	PA	Male	20	23	21	20	18	19
13	PA	Male	14	16	14	16	17	18
14	PA	Male	24	23	24	21	19	19
15	PA	Male	20	21	21	21	19	19
16	PA	Male	20.6	20.3	19.94	21.08	20.91	20.84
17	PA	Male	28	27	26	27	27	24
18	PA	Male	20	22	20	20	18	19
19	PA	Male	21	20	20	17	18	19
20	PA	Male	22	24	22	25	22	22
21	PA	Male	20	21	19	19	20	18
22	PA	Male	22	22	20	21	19	18
23	PA	Male	20	21	21	22	21	23

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11 _1	HG12 _1	HG13 _1
24	PA	Male	32	34	35	33	30	30
25	PA	Male	24	22	23	24	22	23
26	PA	Male	14	15	14	22	23	24
27	PA	Female	12	12	11	14	14	15
28	PA	Female	15	14	13	17	16	14
29	PA	Female	12	12	11	10	11	12
30	PA	Female	13	13	12	19	18	16
31	PA	Female	13	12	11	12	12	11
32	PA	Female	12	13	12	13	13	11
33	PA	Female	14	11	11	14	12	12
34	PA	Female	14	11	11	17	15	17
35	PA	Female	23	20	18	22	20	23
36	PA	Female	23	20	20	22	17	22
37	PA	Female	26	26	25	26	27	28
38	PA	Female	20	20	18	20	21	19
39	PA	Female	20	19	18	23	21	22
40	PA	Male	20	17	15	15	16	15
41	PA	Female	22	20	21	23	23	23
82	PA	Female	18	16	15	15	15	15
84	PA	Male	18	18	19	21	16	18
85	PA	Female	16	15	13	15	15	15
86	PA	Male	22	21	20	21.08	20.91	20.84
87	PA	Male	13	11	12	12	15	15
88	PA	Female	18	17	16	14	10	10
89	PA	Male	18	19	17	20	20	18
90	PA	Female	13	12	12	11	12	12

91	PA	Female	10	10	10	10	9	9
92	PA	Male	20.6	20.3	19.94	11	13	14
93	PA	Female	13	12	12	14	15	13
94	PA	Male	18	19	17	20	19	16
95	PA	Male	20	20	20	21	21	20
96	PA	Female	13	10	10	15	14	12
97	PA	Female	21	20	17	20	16	17
98	PA	Male	22	21	21	21	22	22
99	PA	Male	19	18	17	18	19	18
100	PA	Female	16	16	17	20	20	18
101	PA	Female	10	10	10	9	8	10
102	PA	Male	15	13	12	15	15	11
103	PA	Male	21	18	20	20	20	21
104	PA	Female	7	8	7	5	8	7

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11 _1	HG12 _1	HG13 _1
105	PA	Female	21	18	17	20	15	16
106	PA	Male	20	18	18	19	18	19
107	PA	Female	18	15	15	12	16	13
108	PA	Male	15	15	14	15	16	18
109	PA	Female	19	22	21	22	20	20
110	PA	Male	30	31	33	28	28	30
111	PA	Female	19	18	16	14	14	16
112	PA	Male	13	13	12	12	14	12
113	PA	Male	23	23	21	23	24	24
114	PA	Male	16	17	18	15	14	16
115	PA	Male	20.6	20.3	19.94	36	25	25
116	PA	Male	17	17	16	19	15	14
117	PA	Male	20	19	20	23	23	17
118	PA	Male	13	12	11	15	14	15
559	Yoga	Male	25	24	23	26	26	26
560	Yoga	Female	19	19	18	21.08	20.91	20.84
561	Yoga	Female	18	21	22	21	20	18
562	Yoga	Male	24	27	25	25	25	27
563	Yoga	Female	20.6	20.3	19.94	21.08	20.91	20.84
564	Yoga	Female	22	22	21	23	20	19
565	Yoga	Female	16	16	18	15	17	15
566	Yoga	Female	20	22	21	24	25	23
567	Yoga	Male	24	24	24	23	21	21
568	Yoga	Female	25	24	23	24	20	23
569	Yoga	Male	35	35	30	29	28	28
570	Yoga	Female	20	20	20	18	17	17
571	Yoga	Female	22	21	20	23	20	21
572	Yoga	Male	33	32	26	27	28	25
573	Yoga	Male	17	21	19	22	19	19

574	Yoga	Female	28	28	27	26	26	27
575	Yoga	Male	29	31	29	28	25	24
576	Yoga	Female	17	17	17	17	16	16
577	Yoga	Male	19	19	19	20	19	20
578	Yoga	Male	20	20	20	19	19	20
579	Yoga	Male	23	28	23	23	20	20
580	Yoga	Female	25	24	25	24	23	23
581	Yoga	Male	18	17	17	19	19	20
582	Yoga	Male	30	25	25	21.08	20.91	20.84

s.no	YOGA1PA0	sexMALE1FEMALE0	HG1_1	HG2_1	HG3_1	HG11_1	HG12_1	HG13_1
583	Yoga	Male	25	26	25	24	26	26
584	Yoga	Female	24	24	28	28	37	29
585	Yoga	Female	18	20	17	17	18	17
586	Yoga	Female	22	20	17	18	20	17
587	Yoga	Male	21	21	19	21	22	22
588	Yoga	Male	18	20	21	19	20	17
589	Yoga	Female	25	25	22	24	25	23
590	Yoga	Female	23	19	19	21.08	20.91	20.84
354	Yoga	Male	23	20	22	22	24	25
355	Yoga	Female	15	20	20	20	22	22
356	Yoga	Male	22	22	22	24	25	26
360	Yoga	Female	10	14	12	18	19	20
361	Yoga	Male	17	17	16	21.08	20.91	20.84
362	Yoga	Female	20	20	18	18	17	17
363	Yoga	Female	11	12	11	21.08	20.91	20.84
364	Yoga	Male	21	22	21	16	16	17
365	Yoga	Male	24	23	23	20	19	24
366	Yoga	Male	13	12	11	12	11	10
367	Yoga	Female	19	19	22	21.08	20.91	20.84
368	Yoga	Female	16	16	16	21.08	20.91	20.84
369	Yoga	Female	20.6	20.3	19.94	21.08	20.91	20.84
370	Yoga	Male	26	28	24	21.08	20.91	20.84
371	Yoga	Female	21	21	20	17	17	15
372	Yoga	Male	20.6	20.3	19.94	21.08	20.91	20.84
373	Yoga	9999	25	24	24	25	25	26
374	Yoga	Male	18	17	18	15	15	15
375	Yoga	Female	12	14	13	21.08	20.91	20.84
376	Yoga	Female	19	18	19	17	16	19
377	Yoga	Female	26	25	24	23	21	20
378	Yoga	Male	20	17	15	21.08	20.91	20.84
379	Yoga	Male	22	24	24	21.08	20.91	20.84
380	Yoga	Male	18	18	19	21.08	20.91	20.84

381	Yoga	Female	11	11	11	10	10	10
382	Yoga	Male	25	25	24	21.08	20.91	20.84
383	Yoga	Female	20.6	20.3	19.94	21.08	20.91	20.84
384	Yoga	Female	14	18	18	21.08	20.91	20.84
385	Yoga	Male	19	19	17	16	16	15
386	Yoga	Female	19	20	21	23	23	23
387	Yoga	Female	20	18	22	21.08	20.91	20.84
388	Yoga	Female	21	21	21	21	19	17
389	Yoga	Male	23	20	22	21.08	20.91	20.84
390	Yoga	Male	26	26	25	27	28	28
391	Yoga	Female	21	16	20	22	22	24
392	Yoga	Male	19	19	18	23	23	23
393	Yoga	Female	16	15	15	20	21	21
394	Yoga	Male	22	24	22	21.08	20.91	20.84
396	Yoga	Male	23	23	19	21.08	20.91	20.84
437	Yoga	Male	18	17	17	21.08	20.91	20.84
438	Yoga	Female	26	27	23	27	28	28
439	Yoga	Male	22	22	24	24	25	25
440	Yoga	Female	23	24	23	21.08	20.91	20.84
441	Yoga	Male	24	23	23	24	22	22
442	Yoga	Female	28	28	27	21.08	20.91	20.84
443	Yoga	Male	23	20	23	24	24	25
444	Yoga	Female	15	16	15	22	24	24
445	Yoga	Female	28	26	25	28	28	29
446	Yoga	Male	20	21	21	24	24	26
447	Yoga	Female	25	24	27	21.08	20.91	20.84
448	Yoga	Male	21	20	20	24	24	26
449	Yoga	Female	30	31	32	21.08	20.91	20.84
450	Yoga	Female	19	18	17	18	19	18
451	Yoga	Female	20	20	18	21.08	20.91	20.84
452	Yoga	Female	25	24	25	26	27	27
453	Yoga	Female	27	23	22	27	26	27
454	Yoga	Male	24	24	23	28	26	27
455	Yoga	Female	19	23	23	21.08	20.91	20.84
456	Yoga	Female	19	19	21	21.08	20.91	20.84
457	Yoga	Female	22	21	21	21.08	20.91	20.84
458	Yoga	Female	20	23	24	26	26	27
459	Yoga	Female	22	22	21	25	25	26
460	Yoga	Female	19	21	21	22	24	24
461	Yoga	Male	41	42	43	42	44	44
462	Yoga	Female	26	24	25	28	29	30
463	Yoga	Male	19	23	21	24	26	27
464	Yoga	Male	32	26	30	21.08	20.91	20.84
465	Yoga	Male	28	28	28	21.08	20.91	20.84

466	Yoga	Male	18	17	16	25	26	26
467	Yoga	Female	18	18	16	28	28	26
468	Yoga	Female	19	22	22	21.08	20.91	20.84
469	Yoga	Male	26	32	32	21.08	20.91	20.84
470	Yoga	Male	30	29	29	28	29	30
471	Yoga	Male	20	21	20	20	20	18
473	Yoga	Female	28	26	25	21.08	20.91	20.84
475	Yoga	Male	19	24	22	28	28	27
477	Yoga	Female	18	17	17	21.08	20.91	20.84
s.no	YOGA1P A0	sexMALE1FEM ALE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11_ 1	HG12_ 1	HG13_ 1
479	Yoga	Female	22	24	21	21.08	20.91	20.84
481	Yoga	Male	18	16	18	17	18	19
608	Yoga	Male	20.6	20.3	19.94	21.08	20.91	20.84
610	Yoga	Female	19	21	20	15	14	14
612	Yoga	Female	12	15	14	15	15	13
614	Yoga	Female	13	12	15	15	14	14
616	Yoga	Female	19	18	17	15	14	14
618	Yoga	Female	8	12	7	16	16	13
620	Yoga	Male	12	13	13	9	7	7
622	Yoga	Male	19	19	19	19	16	20
624	Yoga	Male	20.6	20.3	19.94	21.08	20.91	20.84
626	Yoga	Male	17	17	15	15	15	13
628	Yoga	Male	22	22	21	21.08	20.91	20.84

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11_ 1	HG12_ 1	HG13_ 1
630	Yoga	Male	20.6	20.3	19.94	21.08	20.91	20.84
632	Yoga	Female	14	20	20	21	16	18
634	Yoga	Female	16	13	14	15	13	12
636	Yoga	Female	11	13	14	10	11	9
638	Yoga	Female	20.6	20.3	19.94	21.08	20.91	20.84
640	Yoga	Male	20.6	20.3	19.94	21.08	20.91	20.84
642	Yoga	Female	24	23	22	18	14	20
644	Yoga	Female	17	17	17	16	18	19
646	Yoga	Female	19	19	20	13	12	14
648	Yoga	Male	29	26	26	21.08	20.91	20.84
650	Yoga	Male	15	14	16	21.08	20.91	20.84
652	Yoga	Male	27	41	41	14	13	13
654	Yoga	Male	20	21	20	17	17	16
656	Yoga	Male	20	20	18	14	12	12
658	Yoga	Female	24	23	22	15	14	11
660	Yoga	Female	16	17	16	17	16	17
662	Yoga	Male	18	18	16	16	18	15
664	Yoga	Male	25	22	23	25	21	20

666	Yoga	Female	21	21	22	20	24	14
668	Yoga	Female	26	25	20	19	17	16
670	Yoga	Female	11	12	11	12	10	12
671	Yoga	Female	18	21	19	16	17	18
672	Yoga	Female	7	7	8	7	7	5
673	Yoga	Male	23	23	24	24	23	20
674	Yoga	Female	24	22	21	25	25	25
675	Yoga	Female	24	18	18	25	26	27
676	Yoga	Female	22	20	20	25	24	24
677	Yoga	Female	20.6	20.3	19.94	19	23	22
678	Yoga	Female	18	19	17	17	16	15
710	Yoga	Female	25	27	26	28	27	25
712	Yoga	Female	28	27	28	28	27	27
714	Yoga	Male	23	22	24	21.08	20.91	20.84
716	Yoga	Female	28	25	26	28	27	26
718	Yoga	Female	40	41	49	21.08	20.91	20.84
720	Yoga	Female	30	32	28	36	29	28
722	Yoga	Female	26	24	23	25	24	25

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11 _1	HG12 _1	HG13 _1
724	Yoga	Female	24	23	21	28	27	25
726	Yoga	Female	20.6	20.3	19.94	14	14	14
728	Yoga	Female	21	23	20	23	22	21
730	Yoga	Female	20	22	20	20	19	20
732	Yoga	Female	20	19	18	21.08	20.91	20.84
734	Yoga	Female	17	18	17	21.08	20.91	20.84
736	Yoga	Female	24	22	19	19	20	20
738	Yoga	Female	25	29	23	23	24	24
740	Yoga	Female	21	23	24	25	22	23
762	Yoga	Male	14	14	13	14	14	13
764	Yoga	Female	29	25	26	23	20	22
766	Yoga	Male	14	13	12	14	13	14
768	Yoga	Male	14	12	12	19	16	15
770	Yoga	Male	13	16	17	13	14	14
772	Yoga	Male	14	13	12	11	11	10
774	Yoga	Male	25	23	25	28	26	25
776	Yoga	Male	19	19	17	17	18	18
778	Yoga	Male	31	20	21	19	18	17
780	Yoga	Female	24	23	23	20	23	23
782	Yoga	Female	25	23	24	23	24	23
784	Yoga	Female	20.6	20.3	19.94	21.08	20.91	20.84
786	Yoga	Female	20.6	20.3	19.94	21.08	20.91	20.84
788	Yoga	Male	20.6	20.3	19.94	21.08	20.91	20.84
790	Yoga	Male	20.6	20.3	19.94	21.08	20.91	20.84

792	Yoga	Male	20.6	20.3	19.94	21.08	20.91	20.84
794	Yoga	Male	20.6	20.3	19.94	21.08	20.91	20.84

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11 _1	HG12 _1	HG13 _1
796	Yoga	Male	20.6	20.3	19.94	21.08	20.91	20.84
515	Yoga	Male	20.6	20.3	19.94	21	21	20.84
516	Yoga	Male	14	14	16	16	16	20.84
517	Yoga	Male	14	16	15	15	15	20.84
518	Yoga	Female	26	25	25	26	25	20.84
519	Yoga	Male	20	19	17	20	18	20.84
520	Yoga	Male	21	20	18	24	22	20.84
521	Yoga	Male	18	16	15	18	20	20.84
522	Yoga	Male	18	19	17	19	19	20.84
523	Yoga	Female	15	15	16	17	19	20.84
524	Yoga	Male	16	16	15	17	18	20.84
525	Yoga	Female	22	22	24	24	25	20.84
526	Yoga	Female	16	14	15	20	15	20.84
527	Yoga	Male	15	16	15	19	19	20.84
528	Yoga	Male	14	13	14	14	15	20.84
529	Yoga	Female	28	25	24	24	28	20.84
530	Yoga	Male	35	34	32	38	30	20.84
531	Yoga	Male	11	12	11	10	11	20.84
532	Yoga	Female	26	27	27	26	25	20.84
533	Yoga	Male	14	13	14	16	25	20.84
534	Yoga	Female	17	16	15	21.08	20.91	20.84
535	Yoga	Female	29	24	25	25	25	20.84
536	Yoga	Male	15	14	12	14	13	20.84
537	Yoga	Male	28	25	24	21	13	20.84
538	Yoga	Female	8	11	9	19	18	20.84
539	Yoga	Female	21	18	16	22	20	20.84
540	Yoga	Male	15	16	16	16	15	20.84
541	Yoga	Female	11	12	14	13	15	20.84
542	Yoga	Female	21	19	20	22	23	20.84
543	Yoga	Female	14	13	13	16	15	20.84
544	Yoga	Female	14	13	13	15	14	20.84
545	Yoga	Male	19	17	18	20	22	20.84
546	Yoga	Male	23	18	17	20	13	20.84
547	Yoga	Male	12	11	13	17	17	20.84
548	Yoga	Female	18	16	15	18	16	20.84
549	Yoga	Male	24	24	25	22	23	20.84

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11_ 1	HG12_ 1	HG13_ 1
550	Yoga	Female	18	19	18	22	18	20.84
551	Yoga	Female	20.6	20.3	19.94	21.08	20.91	20.84
552	Yoga	Female	20.6	20.3	19.94	21	20	20.84
553	Yoga	Male	20.6	20.3	19.94	18	18	20.84
554	Yoga	Female	20.6	20.3	19.94	21	20	20.84
555	Yoga	Male	20.6	20.3	19.94	36	35	20.84
556	Yoga	Male	20.6	20.3	19.94	28	27	20.84
557	Yoga	Male	20.6	20.3	19.94	25	30	20.84
558	Yoga	Male	20.6	20.3	19.94	29	29	20.84
679	Yoga	Male	17	18	17	21.08	20.91	20.84
680	Yoga	Male	16	14	13	21.08	20.91	20.84
681	Yoga	Male	14	16	16	17	18	20
682	Yoga	Female	20.6	20.3	19.94	21.08	20.91	20.84
683	Yoga	Male	24	25	25	21.08	20.91	20.84
684	Yoga	Male	21	20	19	22	24	24
685	Yoga	Male	26	26	25	26	27	26
686	Yoga	Male	20	23	22	26	26	27
687	Yoga	Male	16	16	16	18	19	21
688	Yoga	Male	28	27	30	28	28	30
689	Yoga	Male	30	27	25	31	31	33
690	Yoga	Male	20	20	21	27	27	28
691	Yoga	Female	29	28	29	30	31	31
692	Yoga	Male	19	19	19	21.08	20.91	20.84
693	Yoga	Male	18	19	19	21.08	20.91	20.84
694	Yoga	Female	16	16	15	21.08	20.91	20.84
695	Yoga	Female	20	19	19	26	27	28
696	Yoga	Female	17	18	15	24	25	27
697	Yoga	Female	19	15	17	21.08	20.91	20.84
698	Yoga	Female	14	14	13	24	24	24
699	Yoga	Female	17	16	16	25	23	26
700	Yoga	Female	22	22	21	24	24	25
701	Yoga	Female	17	18	16	22	21	22
702	Yoga	Female	20	21	20	21.08	20.91	20.84
703	Yoga	Female	17	18	17	25	26	28
704	Yoga	Male	22	20	19	21.08	20.91	20.84
705	Yoga	Female	14	17	15	25	26	26
706	Yoga	Female	17	17	16	21	22	22
707	Yoga	Female	18	15	14	21	22	22
708	Yoga	Female	12	13	13	22	23	23
709	Yoga	Female	14	13	11	23	23	23
s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11_ 1	HG12_ 1	HG13_ 1
711	Yoga	Female	17	16	16	21.08	20.91	20.84
713	Yoga	Female	19	20	21	21.08	20.91	20.84

715	Yoga	Female	13	14	14	22	22	21
717	Yoga	Male	16	14	14	18	19	20
719	Yoga	Female	16	15	16	18	18	19
721	Yoga	Female	17	18	16	21.08	20.91	20.84
723	Yoga	Female	21	21	18	20	19	20
725	Yoga	Female	16	18	15	21.08	20.91	20.84
727	Yoga	Female	23	21	20	23	24	25
729	Yoga	Female	15	15	15	21.08	20.91	20.84
599	Yoga	Male	16	17	14	21.08	20.91	20.84
600	Yoga	Male	30	31	30	24	27	25
601	Yoga	Male	24	26	27	25	27	28
602	Yoga	Male	30	31	33	34	34	33
603	Yoga	Male	20	21	20	24	24	25
604	Yoga	Male	26	28	28	32	33	33
605	Yoga	Male	42	42	39	35	35	38
606	Yoga	Male	17	14	15	14	16	17
607	Yoga	Male	14	13	12	19	18	18
609	Yoga	Male	10	12	13	16	17	17
611	Yoga	Male	27	28	28	31	32	30
613	Yoga	Male	29	26	29	34	35	35
615	Yoga	Female	22	24	25	27	26	29
617	Yoga	Male	18	19	17	21.08	20.91	20.84
619	Yoga	Male	23	22	22	25	26	26
621	Yoga	Male	15	16	14	14	13	16
623	Yoga	Male	26	26	27	29	30	31
625	Yoga	Male	22	21	17	22	23	22
627	Yoga	Male	16	15	16	21.08	20.91	20.84
629	Yoga	Male	24	23	22	25	24	26
631	Yoga	Male	22	23	25	25	26	22
633	Yoga	Female	24	25	24	23	22	24
635	Yoga	Female	15	14	14	14	17	15
637	Yoga	Female	28	22	21	24	22	26

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11_ 1	HG12_ 1	HG13_ 1
639	Yoga	Female	14	15	15	15	16	17
641	Yoga	Female	19	18	19	20	20	20
643	Yoga	Female	24	23	22	21	22	22
645	Yoga	Female	23	20	20	24	26	20
647	Yoga	Female	15	17	16	15	17	17
649	Yoga	Female	15	16	14	17	17	17
651	Yoga	Female	26	24	23	24	24	25
653	Yoga	Female	18	19	17	17	18	17
655	Yoga	Female	19	20	19	21	22	22

399	Yoga	Male	25	23	25	21	21	24
400	Yoga	Male	22	20	20	25	23	23
401	Yoga	Female	28	27	27	27	29	31
402	Yoga	Male	22	28	27	24	30	30
403	Yoga	Male	18	17	15	20	18	19
404	Yoga	Male	20	18	18	20	20	19
405	Yoga	Male	22	21	21	21	21	20
406	Yoga	Male	33	32	30	33	34	34
407	Yoga	Male	31	30	27	29	29	29
408	Yoga	Male	38	37	38	38	37	37
409	Yoga	Male	22	20	21	24	23	24
410	Yoga	Male	26	25	24	24	23	23
411	Yoga	Male	23	21	21	22	22	21
412	Yoga	Male	28	25	24	27	22	23
413	Yoga	Male	32	31	30	28	30	28
414	Yoga	Male	35	36	36	35	36	31
415	Yoga	Male	36	35	36	24	22	22

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11_ 1	HG12_ 1	HG13_ 1
416	Yoga	Male	38	36	30	27	23	26
417	Yoga	Male	34	31	29	35	28	34
418	Yoga	Male	22	20	20	21	22	22
419	Yoga	Male	20	18	18	16	17	15
420	Yoga	Male	23	24	25	27	27	27
421	Yoga	Female	16	15	14	15	11	11
435	Yoga	Female	24	24	21	17	21	17
436	Yoga	Female	15	15	14	14	12	12
472	Yoga	Female	21	18	18	17	20	16
474	Yoga	Male	25	25	23	24	26	25
476	Yoga	Male	16	16	18	15	15	13
478	Yoga	Female	23	25	25	22	19	22
480	Yoga	Male	18	17	16	18	15	14
482	Yoga	Female	12	12	10	16	14	10
483	Yoga	Male	30	29	29	35	35	33
484	Yoga	Female	24	22	21	22	20	19
485	Yoga	Male	33	33	34	32	26	31
486	Yoga	Female	20	19	19	21	21	20
487	Yoga	Male	33	35	32	37	34	40
488	Yoga	Male	19	19	18	21	24	20
489	Yoga	Female	10	12	12	11	10	10
490	Yoga	Male	25	26	24	26	25	27
491	Yoga	Female	17	16	14	22	20	15

s.no	YOGA1P A0	sexMALE1FEMA LE0	HG1_ 1	HG2_ 1	HG3_ 1	HG11 _1	HG12 _1	HG13 _1
492	Yoga	Male	15	17	17	17	18	16
493	Yoga	Male	28	27	26	29	29	27
494	Yoga	Female	19	17	15	18	15	14
495	Yoga	Female	21	25	23	21	24	21
496	Yoga	Male	20	22	22	25	22	23
497	Yoga	Male	26	25	24	28	26	26
498	Yoga	Female	17	17	15	14	14	14
499	Yoga	Male	13	13	11	16	16	17
500	Yoga	Female	21	17	19	20	22	22
501	Yoga	Male	30	30	27	28	26	26
502	Yoga	Male	18	18	16	21	20	20
503	Yoga	Male	20.6	20.3	19.94	18	18	18
504	Yoga	Male	20.6	20.3	19.94	25	25	26
505	Yoga	Male	26	25	24	29	32	31
506	Yoga	Male	18	17	17	19	19	19
507	Yoga	Male	30	29	29	32	34	33
508	Yoga	Male	15	14	14	15	15	16
509	Yoga	Male	26	25	23	30	30	26
510	Yoga	Male	20.6	20.3	19.94	28	29	30
511	Yoga	Female	20.6	20.3	19.94	21.08	20.91	20.84
512	Yoga	Female	20.6	20.3	19.94	21.08	20.91	20.84
513	Yoga	Female	20.6	20.3	19.94	21.08	20.91	20.84
514	Yoga	Female	20.6	20.3	19.94	21.08	20.91	20.84

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
159	PA	Female	19.94	40.36	42.42	20.84	44.64	47.28
160	PA	Female	35	40	50	45	45	45
161	PA	Male	20	20	20	30	40	35
162	PA	Female	35	30	35	45	45	40
163	PA	Female	30	40	40	50	35	35
164	PA	Female	35	40	35	44.64	47.28	47.5
165	PA	Male	40	45	40	50	55	60
166	PA	Male	35	40	35	75	75	70
167	PA	Female	40.36	42.42	43.23	44.64	47.28	47.5
168	PA	Male	55	65	55	90	90	75
169	PA	Male	30	20	25	45	45	50
170	PA	Female	25	25	25	25	30	25
171	PA	Male	50	40	45	44.64	47.28	47.5
172	PA	Male	45	50	50	60	60	60
188	PA	Male	40	40	35	44.64	47.28	47.5
189	PA	Male	40	40	40	40	35	40

190	PA	Male	30	35	30	45	50	50
191	PA	Female	10	20	20	20	30	30
192	PA	Female	40	35	30	45	50	45
193	PA	Male	40.36	42.42	43.23	44.64	47.28	47.5
194	PA	Male	35	35	35	40	45	55
195	PA	Female	45	45	45	45	45	50
197	PA	Male	40	40	40	44.64	47.28	47.5
199	PA	Male	40	40	50	55	60	60

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
201	PA	Male	40	35	40	45	45	45
42	PA	Male	40	50	50	50	55	55
43	PA	Female	35	40	50	35	25	35
44	PA	Male	40	50	50	44.64	47.28	47.5
45	PA	Male	35	35	40	70	65	65
46	PA	Female	20	20	25	30	30	35
47	PA	Female	40	45	50	44.64	47.28	47.5
48	PA	Female	45	45	35	40	40	45
49	PA	Female	30	30	40	44.64	47.28	47.5
50	PA	Female	25	35	35	44.64	47.28	47.5
51	PA	Female	20	20	20	25	25	25
52	PA	Female	30	35	35	44.64	47.28	47.5
53	PA	Male	30	35	35	32	33	34
54	PA	Male	40	45	45	41	44	45
55	PA	Female	40	45	45	44.64	47.28	47.5
56	PA	Male	50	50	45	44.64	47.28	47.5
57	PA	Female	30	30	30	40	40	40
58	PA	Female	30	25	30	44.64	47.28	47.5
59	PA	Male	40	40	40	44.64	47.28	47.5
60	PA	Male	40	45	35	55	50	50
61	PA	Female	25	35	30	30	30	30
62	PA	9999	50	50	55	44.64	47.28	47.5
63	PA	Female	40.36	42.42	43.23	44.64	47.28	47.5
64	PA	Female	25	30	35	44.64	47.28	47.5
65	PA	Female	25	25	25	35	35	35
66	PA	Male	75	70	70	44.64	47.28	47.5
67	PA	Male	60	65	70	44.64	47.28	47.5
68	PA	Male	45	50	50	44.64	47.28	47.5
69	PA	Male	40	50	50	55	50	55
70	PA	Male	45	40	45	44.64	47.28	47.5
71	PA	Male	35	35	40	44.64	47.28	47.5
72	PA	Female	30	25	25	35	35	30
73	PA	Male	45	50	50	44.64	47.28	47.5

74	PA	Female	20	25	25	44.64	47.28	47.5
75	PA	Female	35	45	50	40	50	50
76	PA	Female	75	70	75	100	100	105
77	PA	Male	30	30	30	44.64	47.28	47.5
78	PA	Female	45	45	50	48	49	49

### BACK LEG DYNAMOMETER TEST

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
79	PA	Male	60	55	65	44.64	47.28	47.5
80	PA	Female	40.36	42.42	43.23	44.64	47.28	47.5
81	PA	Male	40	45	45	44.64	47.28	47.5
83	PA	Male	30	40	50	60	60	60
119	PA	Male	75	75	80	44.64	47.28	47.5
120	PA	Male	20	65	65	44.64	47.28	47.5
121	PA	Male	40.36	42.42	43.23	44.64	47.28	47.5
123	PA	Male	95	75	75	44.64	47.28	47.5
124	PA	Male	75	70	65	85	75	75
125	PA	Female	40.36	42.42	43.23	44.64	47.28	47.5
126	PA	Male	45	45	50	44.64	47.28	47.5
127	PA	Female	20	20	20	22	21	22
128	PA	Male	40.36	42.42	43.23	44.64	47.28	47.5
129	PA	Male	50	60	70	50	55	55
130	PA	Female	20	30	30	30	31	31
131	PA	Female	30	30	25	30	31	33
132	PA	Female	20	20	20	44.64	47.28	47.5
133	PA	Female	25	40	40	40	45	45
134	PA	Female	25	25	25	44.64	47.28	47.5
135	PA	Female	35	35	35	44.64	47.28	47.5
136	PA	Female	50	50	45	50	50	45
137	PA	Male	50	50	5	44.64	47.28	47.5
138	PA	Male	50	45	40	45	49	50
139	PA	Female	40	45	50	44.64	47.28	47.5
140	PA	Female	25	25	20	30	35	35
141	PA	Male	55	60	60	55	58	60
142	PA	Male	50	55	50	55	60	60
143	PA	Male	30	35	40	44.64	47.28	47.5
144	PA	Male	70	65	70	70	80	80
145	PA	Female	25	30	30	30	35	35
146	PA	Female	50	50	35	50	50	55
147	PA	Female	25	30	30	34	33	33
148	PA	Male	35	40	40	44.64	47.28	47.5
149	PA	Female	40.36	42.42	43.23	44.64	47.28	47.5

150	PA	Female	40	35	35	44.64	47.28	47.5
151	PA	Female	20	30	30	40	40	35
152	PA	Female	50	50	45	44.64	47.28	47.5

s.no	YOGAIP A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
153	PA	Female	45	60	60	60	65	65
154	PA	Female	25	25	30	44.64	47.28	47.5
155	PA	Male	80	80	80	44.64	47.28	47.5
156	PA	Male	50	60	55	75	75	85
157	PA	Female	85	85	85	44.64	47.28	47.5
158	PA	Male	45	45	45	44.64	47.28	47.5
243	PA	Male	45	40	40	44.64	47.28	47.5
245	PA	Male	35	45	45	50	60	60
247	PA	Female	40	40	40	44.64	47.28	47.5
249	PA	Female	45	40	35	44.64	47.28	47.5
251	PA	Female	46	50	50	45	40	45
253	PA	Male	45	55	50	55	50	55
255	PA	Female	10	25	25	20	25	25
257	PA	Female	20	10	20	25	30	30
259	PA	Female	35	30	25	30	25	25
261	PA	Female	35	30	30	40	35	35
263	PA	Male	50	55	60	44.64	47.28	47.5
265	PA	Male	50	50	50	75	70	75
267	PA	Male	50	60	55	70	75	65
269	PA	Female	10	25	20	30	25	30
271	PA	Male	25	30	30	40	45	50
273	PA	Male	45	50	45	50	65	50
275	PA	Male	30	25	30	44.64	47.28	47.5
277	PA	Female	10	20	20	15	20	20
279	PA	Male	30	35	40	40	40	40
281	PA	Female	10	10	10	25	25	25
283	PA	Male	25	30	30	44.64	47.28	47.5
285	PA	Male	75	85	90	44.64	47.28	47.5
287	PA	Female	25	30	35	25	30	30
289	PA	Female	25	25	30	30	30	30
291	PA	Female	25	25	25	44.64	47.28	47.5
293	PA	Female	35	35	30	30	40	40
295	PA	Female	5	5	10	20	25	25
297	PA	Male	40.36	42.42	43.23	44.64	47.28	47.5
299	PA	Female	30	31	31	20	20	25
301	PA	Female	25	25	20	25	30	30
303	PA	Female	30	30	30	50	40	45
305	PA	Female	30	40	45	45	50	50

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
306	PA	Female	30	30	30	40	45	50
307	PA	Male	20	30	40	35	40	40
308	PA	Female	25	25	20	25	30	30
309	PA	Male	30	30	30	44.64	47.28	47.5
310	PA	Female	10	10	20	25	25	25
317	PA	Male	60	70	75	60	50	55
318	PA	Male	40	45	45	50	60	50
319	PA	Male	30	40	35	30	35	35
320	PA	Male	40	35	50	50	45	45
321	PA	Male	50	50	55	55	65	70
322	PA	Male	45	40	40	40	40	45
323	PA	Female	30	25	25	40	40	45
324	PA	Male	50	45	50	50	50	50
325	PA	Male	50	55	50	60	60	60
326	PA	Female	55	50	50	50	50	45
327	PA	Male	40	45	40	45	40	45
328	PA	Male	40	45	45	35	30	35
329	PA	Female	35	30	35	35	40	45
330	PA	Female	25	30	35	30	30	30
331	PA	Female	50	50	55	55	45	50
332	PA	Female	35	35	30	35	35	35
333	PA	Female	35	30	35	35	40	45
334	PA	Female	30	40	45	25	25	25
335	PA	Female	40	40	45	25	40	35
336	PA	Female	35	35	30	40	45	35
337	PA	Female	30	30	30	35	35	35
338	PA	Female	25	25	25	25	25	25
339	PA	Female	25	20	25	25	30	25
340	PA	Female	35	35	35	35	35	30
341	PA	Female	30	30	30	25	35	35
342	PA	Female	35	35	30	30	25	25
343	PA	Female	35	40	40	50	55	55

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
344	PA	Female	40	45	30	35	35	35
345	PA	Female	35	40	45	40	35	40
346	PA	Male	70	75	75	70	65	70
347	PA	Female	40.36	42.42	43.23	44.64	47.28	47.5
348	PA	Male	50	55	50	55	50	45
349	PA	Male	58	55	50	55	50	50
350	PA	Male	40.36	42.42	43.23	44.64	47.28	47.5

351	PA	Female	55	60	55	35	40	45
352	PA	Female	50	55	50	44.64	47.28	47.5
196	PA	Male	40	45	45	55	70	60
198	PA	Male	60	60	65	75	75	80
200	PA	Male	35	40	50	55	55	55
202	PA	Male	50	35	35	60	50	55
203	PA	Male	55	65	70	80	80	85
204	PA	Male	30	35	40	35	40	45
205	PA	Female	25	25	25	40	40	50
206	PA	Male	50	60	50	60	70	60
207	PA	Male	50	50	45	50	55	50
208	PA	Male	75	75	75	95	95	95
209	PA	Female	45	50	55	70	60	70
210	PA	Male	80	65	75	44.64	47.28	47.5
211	PA	Male	50	55	55	70	75	75
212	PA	Male	50	55	50	44.64	47.28	47.5
213	PA	Male	45	50	50	60	50	50
214	PA	Male	60	75	70	70	75	80
215	PA	Male	50	50	35	50	40	40
216	PA	Female	25	30	25	40	45	45
217	PA	Male	20	20	25	40	35	30
218	PA	Female	25	25	30	44.64	47.28	47.5
219	PA	Female	35	30	35	35	40	45
220	PA	Female	35	35	30	50	50	55
221	PA	Female	35	40	35	55	60	65
222	PA	Female	35	25	25	30	30	35
223	PA	Female	15	10	10	20	15	15
224	PA	Female	35	35	40	35	35	40
225	PA	Female	55	55	60	60	75	55
226	PA	Male	30	25	30	50	50	55
227	PA	Female	35	40	35	50	30	40

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
228	PA	Male	45	45	40	40	45	45
229	PA	Female	25	25	20	25	25	25
230	PA	Female	30	30	30	35	40	45
231	PA	Female	45	40	45	45	55	60
232	PA	Female	20	20	20	15	15	20
233	PA	Female	30	30	30	40	45	50
731	PA	Male	35	40	45	35	45	45
733	PA	Female	40.36	42.42	43.23	44.64	47.28	47.5
735	PA	Female	45	45	45	45	45	50
737	PA	Female	40	45	50	50	50	50

739	PA	Female	25	30	35	40	45	45
741	PA	Female	40	45	50	45	50	50
743	PA	Female	40	40	45	45	45	45
745	PA	Female	40	40	40	45	40	45
747	PA	Male	50	60	60	50	55	59
749	PA	Female	40.36	42.42	43.23	44.64	47.28	47.5
751	PA	Male	40.36	42.42	43.23	44.64	47.28	47.5
753	PA	Female	40.36	42.42	43.23	44.64	47.28	47.5
755	PA	Female	25	30	30	40	40	40
757	PA	Male	20	25	20	35	35	40
759	PA	Male	10	10	10	20	20	20
761	PA	Male	40.36	42.42	43.23	44.64	47.28	47.5
763	PA	Female	40.36	42.42	43.23	44.64	47.28	47.5
765	PA	Female	40.36	42.42	43.23	44.64	47.28	47.5
767	PA	Male	40.36	42.42	43.23	44.64	47.28	47.5
769	PA	Male	50	45	45	60	61	65
771	PA	Male	75	80	70	80	75	70
773	PA	Female	45	45	50	50	45	55
775	PA	Male	45	50	50	35	45	50
777	PA	Male	65	65	75	70	75	75
779	PA	Female	40.36	42.42	43.23	44.64	47.28	47.5
781	PA	Male	30	40	40	45	50	50
783	PA	Male	50	55	60	55	70	70
785	PA	Male	40.36	42.42	43.23	44.64	47.28	47.5
787	PA	Male	50	50	55	55	55	55
789	PA	Female	55	55	55	45	55	55

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
791	PA	Male	40	50	50	50	55	55
793	PA	Male	40	35	35	50	50	55
795	PA	Female	40.36	42.42	43.23	44.64	47.28	47.5
797	PA	Male	25	35	35	40	45	55
798	PA	Male	40.36	42.42	43.23	44.64	47.28	47.5
799	PA	Male	40.36	42.42	43.23	44.64	47.28	47.5
800	PA	Female	25	30	25	30	35	45
801	PA	Male	40.36	42.42	43.23	44.64	47.28	47.5
802	PA	Female	40.36	42.42	43.23	44.64	47.28	47.5
234	PA	Male	50	55	50	85	70	65
235	PA	Male	60	60	55	55	55	70
236	PA	Male	55	50	60	65	70	65
237	PA	Male	45	50	60	70	65	65
238	PA	Male	50	45	55	50	60	55
239	PA	Male	55	60	75	75	50	55

240	PA	Male	40	30	40	44.64	47.28	47.5
241	PA	Male	50	60	55	50	50	60
242	PA	Male	60	60	65	50	55	60
244	PA	Male	30	40	35	35	40	40
246	PA	Male	55	65	65	65	65	60
248	PA	Male	55	55	55	50	55	55
250	PA	Male	50	50	50	55	50	45
252	PA	Male	35	30	35	35	30	30
254	PA	Male	40	45	55	50	45	50

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
256	PA	Male	60	70	70	65	80	80
258	PA	Male	40	40	45	45	40	35
260	PA	Male	50	45	40	44.64	47.28	47.5
262	PA	Male	65	75	70	65	80	75
264	PA	Male	40	45	40	40	45	45
266	PA	Male	50	60	45	75	75	70
268	PA	Male	60	70	65	65	75	80
270	PA	Male	80	90	90	85	80	85
272	PA	Male	35	35	40	30	35	35
274	PA	Female	30	30	35	40	45	50
276	PA	Female	35	50	45	35	40	45
278	PA	Female	40.36	42.42	43.23	15	25	25
280	PA	Female	35	30	30	40	45	40
282	PA	Female	30	30	30	15	25	35
284	PA	Female	35	50	50	50	50	40
286	PA	Female	35	40	35	30	35	40
288	PA	Female	30	20	20	35	30	30
290	PA	Male	40	40	35	44.64	47.28	47.5
292	PA	Female	20	20	20	25	25	25
294	PA	Male	35	30	45	25	30	30
296	PA	Female	45	45	45	30	40	40
298	PA	Female	30	40	47	30	35	40
300	PA	Female	30	25	25	25	35	30
302	PA	Female	30	25	20	25	25	25
304	PA	Female	30	35	40	44.64	47.28	47.5
1	PA	Male	55	55	55	50	50	60
2	PA	Male	40	40	35	40	40	40
3	PA	Male	40	40	35	35	40	40
4	PA	Male	45	55	50	50	45	45
5	PA	Male	35	45	45	35	40	40
6	PA	Male	50	55	55	45	45	45
7	PA	Male	50	60	60	55	55	50

8	PA	Male	60	70	75	50	50	50
9	PA	Male	40	50	50	40	45	40
10	PA	Male	60	70	70	60	65	70
11	PA	Male	30	40	40	35	40	45
12	PA	Male	60	65	60	55	50	45
13	PA	Male	50	50	55	50	50	45
14	PA	Male	55	55	55	45	50	50
15	PA	Male	55	60	65	55	55	60
16	PA	Male	40.36	42.42	43.23	44.64	47.28	47.5
17	PA	Male	50	60	70	60	65	65
18	PA	Male	50	55	60	45	50	40
19	PA	Male	45	55	45	35	45	40
20	PA	Male	50	55	55	40	50	50
21	PA	Male	55	50	65	50	55	55
22	PA	Male	50	50	55	50	55	60
23	PA	Male	55	55	55	50	60	55

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
24	PA	Male	80	90	90	70	75	85
25	PA	Male	60	65	65	50	55	50
26	PA	Male	40	65	65	55	55	55
27	PA	Female	25	30	35	25	25	30
28	PA	Female	30	25	25	35	35	40
29	PA	Female	25	35	35	30	35	35
30	PA	Female	25	30	30	40	30	30
31	PA	Female	25	30	25	30	35	35
32	PA	Female	25	25	25	25	30	30
33	PA	Female	20	20	20	25	25	25
34	PA	Female	30	25	25	25	25	30
35	PA	Female	30	35	35	45	45	40
36	PA	Female	55	50	55	55	55	55
37	PA	Female	20	20	15	40	45	45
38	PA	Female	35	40	45	40	40	40
39	PA	Female	40	45	40	50	50	55
40	PA	Male	35	40	35	50	50	50
41	PA	Female	50	55	50	50	55	60
82	PA	Female	30	25	30	35	30	30
84	PA	Male	60	45	65	40	40	45
85	PA	Female	25	25	25	10	15	15
86	PA	Male	50	50	50	44.64	47.28	47.5
87	PA	Male	50	55	55	50	50	45
88	PA	Female	25	35	25	15	25	25
89	PA	Male	50	55	60	55	55	55
90	PA	Female	30	30	30	25	25	30

91	PA	Female	25	25	25	20	15	15
92	PA	Male	40.36	42.42	43.23	40	45	40
93	PA	Female	30	40	30	35	45	40
94	PA	Male	30	30	35	35	40	35
95	PA	Male	25	25	30	35	40	35
96	PA	Female	25	25	25	30	25	25
97	PA	Female	35	40	45	30	35	35
98	PA	Male	55	60	60	50	50	55
99	PA	Male	45	55	50	40	45	45
100	PA	Female	25	25	25	15	25	20
101	PA	Female	15	15	20	15	10	10
102	PA	Male	45	40	45	40	40	40
103	PA	Male	55	55	60	55	45	50
104	PA	Female	40.36	42.42	43.23	10	10	10

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
105	PA	Female	35	30	30	40	30	25
106	PA	Male	45	45	50	40	35	35
107	PA	Female	25	25	30	30	25	25
108	PA	Male	30	35	35	35	35	40
109	PA	Female	20	30	30	20	15	20
110	PA	Male	45	55	60	55	55	60
111	PA	Female	20	25	25	20	15	15
112	PA	Male	35	45	50	35	35	40
113	PA	Male	55	55	60	70	75	70
114	PA	Male	35	35	35	40	45	40
115	PA	Male	40.36	42.42	43.23	70	75	75
116	PA	Male	55	50	50	55	50	45
117	PA	Male	45	40	40	40	45	50
118	PA	Male	35	30	30	30	30	30
559	Yoga	Male	25	30	35	30	40	50
560	Yoga	Female	40	40	40	44.64	47.28	47.5
561	Yoga	Female	40	40	45	45	50	50
562	Yoga	Male	50	45	35	50	40	45
563	Yoga	Female	40.36	42.42	43.23	44.64	47.28	47.5
564	Yoga	Female	35	45	45	45	45	45
565	Yoga	Female	35	45	40	35	35	35
566	Yoga	Female	40	55	55	60	65	70
567	Yoga	Male	50	50	45	35	35	30
568	Yoga	Female	50	45	45	60	610	65
569	Yoga	Male	75	80	70	80	75	70
570	Yoga	Female	45	45	50	50	45	55
571	Yoga	Female	45	50	50	35	45	50
572	Yoga	Male	65	65	75	70	75	75
573	Yoga	Male	25	35	35	40	45	55

574	Yoga	Female	30	40	40	45	50	50
575	Yoga	Male	50	55	60	55	70	70
576	Yoga	Female	25	30	25	30	35	45
577	Yoga	Male	50	50	55	55	55	55
578	Yoga	Male	55	55	55	45	55	55
579	Yoga	Male	40	50	50	50	55	55
580	Yoga	Female	40	35	35	50	50	55
581	Yoga	Male	45	55	45	45	50	55
582	Yoga	Male	65	60	60	44.64	47.28	47.5

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
583	Yoga	Male	75	70	70	55	65	65
584	Yoga	Female	55	50	60	55	55	60
585	Yoga	Female	50	40	35	45	45	50
586	Yoga	Female	40	45	45	50	45	50
587	Yoga	Male	40	45	45	40	50	55
588	Yoga	Male	25	40	45	45	60	50
589	Yoga	Female	30	25	35	45	50	50
590	Yoga	Female	25	25	20	44.64	47.28	47.5
354	Yoga	Male	50	40	50	50	51	51
355	Yoga	Female	25	25	25	29	32	33
356	Yoga	Male	50	55	50	55	56	56
360	Yoga	Female	25	25	20	32	33	34
361	Yoga	Male	40	35	40	41	44	44
362	Yoga	Female	20	25	25	35	45	45
363	Yoga	Female	20	20	25	43	41	43
364	Yoga	Male	55	60	55	70	70	75
365	Yoga	Male	50	40	50	30	50	55
366	Yoga	Male	25	25	25	35	45	35
367	Yoga	Female	25	30	30	38	38	36
368	Yoga	Female	25	25	25	44.64	47.28	47.5
369	Yoga	Female	40.36	42.42	43.23	44.64	47.28	47.5
370	Yoga	Male	50	50	50	51	51	53
371	Yoga	Female	35	40	45	45	50	50
372	Yoga	Male	40.36	42.42	43.23	40	40	40
373	Yoga	9999	35	35	40	44.64	47.28	47.5
374	Yoga	Male	35	35	35	30	40	40
375	Yoga	Female	20	25	30	44.64	47.28	47.5
376	Yoga	Female	40	40	40	50	50	50
377	Yoga	Female	35	35	40	40	45	45
378	Yoga	Male	45	30	40	44	45	45
379	Yoga	Male	55	60	45	50	54	54
380	Yoga	Male	50	45	40	55	55	55

381	Yoga	Female	20	25	25	25	20	25
382	Yoga	Male	50	50	50	52	53	53
383	Yoga	Female	40.36	42.42	43.23	44.64	47.28	47.5
384	Yoga	Female	10	20	10	20	21	22
385	Yoga	Male	50	50	45	45	50	55
386	Yoga	Female	10	20	30	15	25	25
387	Yoga	Female	20	20	25	44.64	47.28	47.5
388	Yoga	Female	30	30	35	35	35	35
389	Yoga	Male	50	50	50	44.64	47.28	47.5
390	Yoga	Male	30	35	40	44.64	47.28	47.5
391	Yoga	Female	35	30	35	36	38	40
392	Yoga	Male	30	30	35	37	35	35
393	Yoga	Female	35	35	40	36	36	41
394	Yoga	Male	20	40	40	44.64	47.28	47.5
396	Yoga	Male	40	40	40	44.64	47.28	47.5
437	Yoga	Male	45	50	50	44.64	47.28	47.5
438	Yoga	Female	40	40	40	44.64	47.28	47.5
439	Yoga	Male	60	60	65	44.64	47.28	47.5
440	Yoga	Female	45	40	53	44.64	47.28	47.5
441	Yoga	Male	75	80	70	75	70	80
442	Yoga	Female	35	35	30	44.64	47.28	47.5
443	Yoga	Male	50	55	45	44.64	47.28	47.5

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
355	Yoga	Female	25	25	25	29	32	33
356	Yoga	Male	50	55	50	55	56	56
360	Yoga	Female	25	25	20	32	33	34
361	Yoga	Male	40	35	40	41	44	44
362	Yoga	Female	20	25	25	35	45	45
363	Yoga	Female	20	20	25	43	41	43
364	Yoga	Male	55	60	55	70	70	75
365	Yoga	Male	50	40	50	30	50	55
366	Yoga	Male	25	25	25	35	45	35
367	Yoga	Female	25	30	30	38	38	36
368	Yoga	Female	25	25	25	44.64	47.28	47.5
369	Yoga	Female	40.36	42.42	43.23	44.64	47.28	47.5
370	Yoga	Male	50	50	50	51	51	53
371	Yoga	Female	35	40	45	45	50	50
372	Yoga	Male	40.36	42.42	43.23	40	40	40
373	Yoga	9999	35	35	40	44.64	47.28	47.5
374	Yoga	Male	35	35	35	30	40	40
375	Yoga	Female	20	25	30	44.64	47.28	47.5
376	Yoga	Female	40	40	40	50	50	50

377	Yoga	Female	35	35	40	40	45	45
378	Yoga	Male	45	30	40	44	45	45
379	Yoga	Male	55	60	45	50	54	54
380	Yoga	Male	50	45	40	55	55	55
381	Yoga	Female	20	25	25	25	20	25
382	Yoga	Male	50	50	50	52	53	53
383	Yoga	Female	40.36	42.42	43.23	44.64	47.28	47.5
384	Yoga	Female	10	20	10	20	21	22
385	Yoga	Male	50	50	45	45	50	55
386	Yoga	Female	10	20	30	15	25	25
387	Yoga	Female	20	20	25	44.64	47.28	47.5
388	Yoga	Female	30	30	35	35	35	35
389	Yoga	Male	50	50	50	44.64	47.28	47.5
390	Yoga	Male	30	35	40	44.64	47.28	47.5
391	Yoga	Female	35	30	35	36	38	40
392	Yoga	Male	30	30	35	37	35	35
393	Yoga	Female	35	35	40	36	36	41
394	Yoga	Male	20	40	40	44.64	47.28	47.5
396	Yoga	Male	40	40	40	44.64	47.28	47.5
437	Yoga	Male	45	50	50	44.64	47.28	47.5
438	Yoga	Female	40	40	40	44.64	47.28	47.5
439	Yoga	Male	60	60	65	44.64	47.28	47.5
440	Yoga	Female	45	40	53	44.64	47.28	47.5
441	Yoga	Male	75	80	70	75	70	80
442	Yoga	Female	35	35	30	44.64	47.28	47.5
443	Yoga	Male	50	55	45	44.64	47.28	47.5

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
444	Yoga	Female	25	20	30	26	27	27
445	Yoga	Female	30	30	30	31	31	33
446	Yoga	Male	55	55	50	54	55	55
447	Yoga	Female	25	25	30	32	32	33
448	Yoga	Male	50	60	50	44.64	47.28	47.5
449	Yoga	Female	50	50	50	44.64	47.28	47.5
450	Yoga	Female	50	45	50	65	70	60
451	Yoga	Female	40	35	40	44.64	47.28	47.5
452	Yoga	Female	45	50	70	46	47	47
453	Yoga	Female	25	25	20	28	27	28
454	Yoga	Male	45	40	45	44.64	47.28	47.5
455	Yoga	Female	20	25	25	28	28	29
456	Yoga	Female	40	40	40	44.64	47.28	47.5
457	Yoga	Female	30	30	30	31	33	33
458	Yoga	Female	45	45	50	44	45	46
459	Yoga	Female	25	25	25	28	29	29

460	Yoga	Female	30	35	40	33	34	34
461	Yoga	Male	40	40	45	44	44	45
462	Yoga	Female	30	30	30	36	38	38
463	Yoga	Male	50	55	55	53	55	55
464	Yoga	Male	45	55	60	55	60	60
465	Yoga	Male	65	65	55	65	66	70
466	Yoga	Male	40	40	40	45	45	50
467	Yoga	Female	20	20	25	21	28	30
468	Yoga	Female	25	30	25	44.64	47.28	47.5
469	Yoga	Male	40	46	45	44.64	47.28	47.5
470	Yoga	Male	48	45	40	44.64	47.28	47.5
471	Yoga	Male	45	45	50	55	55	65
473	Yoga	Female	40	50	45	44.64	47.28	47.5
475	Yoga	Male	50	45	35	60	60	55
477	Yoga	Female	45	45	40	44.64	47.28	47.5
479	Yoga	Female	25	25	30	44.64	47.28	47.5
481	Yoga	Male	40	50	50	45	45	55
608	Yoga	Male	40.36	42.42	43.23	44.64	47.28	47.5
610	Yoga	Female	35	30	35	40	50	55
612	Yoga	Female	35	35	35	40	45	45
614	Yoga	Female	20	20	20	20	20	15
616	Yoga	Female	30	30	25	25	30	35
618	Yoga	Female	10	5	8	25	25	25
620	Yoga	Male	35	40	40	40	40	45
622	Yoga	Male	25	30	30	40	35	40
624	Yoga	Male	40.36	42.42	43.23	44.64	47.28	47.5
626	Yoga	Male	40	40	40	40	45	45
628	Yoga	Male	50	50	40	44.64	47.28	47.5

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
630	Yoga	Male	40.36	42.42	43.23	44.64	47.28	47.5
632	Yoga	Female	25	30	30	35	35	35
634	Yoga	Female	20	25	20	25	35	35
636	Yoga	Female	10	10	10	20	20	20
638	Yoga	Female	40.36	42.42	43.23	44.64	47.28	47.5
640	Yoga	Male	60	60	60	44.64	47.28	47.5
642	Yoga	Female	30	25	25	20	35	30
644	Yoga	Female	20	35	30	30	30	25
646	Yoga	Female	10	5	10	15	25	26
648	Yoga	Male	65	60	65	44.64	47.28	47.5
650	Yoga	Male	35	35	40	44.64	47.28	47.5
652	Yoga	Male	80	90	100	35	45	45
654	Yoga	Male	50	50	60	40	55	65
656	Yoga	Male	45	40	40	40	45	45
658	Yoga	Female	15	10	20	35	35	45

660	Yoga	Female	45	40	45	25	30	35
662	Yoga	Male	50	50	55	35	40	45
664	Yoga	Male	30	30	30	50	50	55
666	Yoga	Female	35	30	35	25	30	30
668	Yoga	Female	35	30	25	35	35	35
670	Yoga	Female	5	15	20	30	35	30
671	Yoga	Female	20	25	25	10	20	25
672	Yoga	Female	15	20	15	10	25	25
673	Yoga	Male	60	70	70	55	70	70
674	Yoga	Female	20	20	25	50	55	55
675	Yoga	Female	35	30	35	30	35	46
676	Yoga	Female	40	40	35	50	45	50
677	Yoga	Female	40.36	42.42	43.23	30	25	35
678	Yoga	Female	25	25	30	35	35	35
710	Yoga	Female	70	70	70	60	75	60
712	Yoga	Female	70	70	60	55	45	50
714	Yoga	Male	80	80	80	44.64	47.28	47.5
716	Yoga	Female	75	80	75	75	80	75
718	Yoga	Female	60	70	75	44.64	47.28	47.5
720	Yoga	Female	60	55	55	60	70	70
722	Yoga	Female	60	60	65	55	50	50

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
724	Yoga	Female	60	60	60	50	50	50
726	Yoga	Female	40.36	42.42	43.23	40	40	40
728	Yoga	Female	55	60	65	55	65	60
730	Yoga	Female	55	55	60	45	50	55
732	Yoga	Female	30	25	25	44.64	47.28	47.5
734	Yoga	Female	30	35	30	44.64	47.28	47.5
736	Yoga	Female	20	25	30	35	35	40
738	Yoga	Female	50	50	55	55	60	65
740	Yoga	Female	30	30	30	40	30	30
762	Yoga	Male	35	35	35	40	50	45
764	Yoga	Female	30	30	25	30	28	20
766	Yoga	Male	20	20	20	20	25	25
768	Yoga	Male	20	25	30	35	35	40
770	Yoga	Male	20	25	25	25	25	25
772	Yoga	Male	25	25	25	25	30	30
774	Yoga	Male	25	20	25	35	30	30
776	Yoga	Male	40	40	45	45	40	40
778	Yoga	Male	30	35	35	20	20	20
780	Yoga	Female	30	30	35	30	30	35
782	Yoga	Female	50	50	55	55	55	50
784	Yoga	Female	40.36	42.42	43.23	44.64	47.28	47.5
786	Yoga	Female	40.36	42.42	43.23	44.64	47.28	47.5
788	Yoga	Male	40.36	42.42	43.23	44.64	47.28	47.5

790	Yoga	Male	40.36	42.42	43.23	44.64	47.28	47.5
792	Yoga	Male	40.36	42.42	43.23	44.64	47.28	47.5
794	Yoga	Male	40.36	42.42	43.23	44.64	47.28	47.5

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
796	Yoga	Male	40.36	42.42	43.23	44.64	47.28	47.5
515	Yoga	Male	72	65	70	75	80	80
516	Yoga	Male	51	50	50	55	60	60
517	Yoga	Male	33	35	40	30	35	35
518	Yoga	Female	49	50	55	50	50	50
519	Yoga	Male	33	25	40	40	40	45
520	Yoga	Male	53	60	60	65	50	50
521	Yoga	Male	41	40	45	55	60	60
522	Yoga	Male	40.36	42.42	43.23	44.64	47.28	47.5
523	Yoga	Female	63	75	65	65	65	60
524	Yoga	Male	40.36	42.42	43.23	44.64	47.28	47.5
525	Yoga	Female	52	60	55	45	55	60
526	Yoga	Female	36	35	45	70	70	60
527	Yoga	Male	40.36	42.42	43.23	44.64	47.28	47.5
528	Yoga	Male	41	45	45	55	55	50
529	Yoga	Female	52	55	55	45	50	50
530	Yoga	Male	48	65	60	70	60	65
531	Yoga	Male	43	55	60	75	75	70
532	Yoga	Female	40.36	42.42	43.23	44.64	47.28	47.5
533	Yoga	Male	58	75	75	65	70	70
534	Yoga	Female	55	70	75	50	55	50
535	Yoga	Female	23	20	25	25	30	35
536	Yoga	Male	51	60	55	60	55	55
537	Yoga	Male	50	65	60	70	60	65
538	Yoga	Female	77	75	55	55	70	70
539	Yoga	Female	57	60	65	70	75	80
540	Yoga	Male	53	55	50	50	50	55
541	Yoga	Female	50	50	50	55	60	60
542	Yoga	Female	51	60	55	55	55	50
543	Yoga	Female	70	75	55	55	70	70
544	Yoga	Female	67	65	65	50	45	55
545	Yoga	Male	79	78	100	90	100	105
546	Yoga	Male	36	40	40	30	30	30
547	Yoga	Male	59	50	60	55	50	60
548	Yoga	Female	33	40	50	25	30	35
549	Yoga	Male	29	35	40	30	35	35

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
550	Yoga	Female	44	40	50	65	65	65
551	Yoga	Female	49	50	50	50	50	45
552	Yoga	Female	58	85	85	105	110	120
553	Yoga	Male	40.36	42.42	43.23	44.64	47.28	47.5
554	Yoga	Female	40.36	42.42	43.23	44.64	47.28	47.5
555	Yoga	Male	38	35	40	50	45	50
556	Yoga	Male	40.36	42.42	43.23	44.64	47.28	47.5
557	Yoga	Male	26	30	35	45	40	40
558	Yoga	Male	40.36	42.42	43.23	44.64	47.28	47.5
679	Yoga	Male	40	40	40	44.64	47.28	47.5
680	Yoga	Male	30	35	35	45	45	50
681	Yoga	Male	35	30	25	45	50	50
682	Yoga	Female	45	45	45	50	55	55
683	Yoga	Male	40	45	50	50	50	55
684	Yoga	Male	25	30	35	44.64	47.28	47.5
685	Yoga	Male	40	45	50	44.64	47.28	47.5
686	Yoga	Male	40	40	45	45	45	50
687	Yoga	Male	40	40	40	50	50	50
688	Yoga	Male	50	60	60	60	65	60
689	Yoga	Male	50	50	50	60	60	65
690	Yoga	Male	35	35	40	50	50	50
691	Yoga	Female	35	40	40	45	48	50
692	Yoga	Male	35	35	35	45	50	50
693	Yoga	Male	35	40	38	44.64	47.28	47.5
694	Yoga	Female	40.36	42.42	43.23	44.64	47.28	47.5
695	Yoga	Female	30	30	30	40	45	45
696	Yoga	Female	30	40	45	45	45	50
697	Yoga	Female	35	35	40	45	50	45
698	Yoga	Female	20	20	25	35	35	40
699	Yoga	Female	40	40	35	40	40	45
700	Yoga	Female	35	40	35	35	30	35
701	Yoga	Female	25	25	30	35	40	40
702	Yoga	Female	20	25	25	35	35	48
703	Yoga	Female	10	10	10	40	40	45
704	Yoga	Male	30	30	25	35	35	35
705	Yoga	Female	40	40	45	45	40	45
706	Yoga	Female	20	25	25	30	30	35
707	Yoga	Female	25	30	25	35	40	45
708	Yoga	Female	30	35	30	35	35	40
709	Yoga	Female	40.36	42.42	43.23	44.64	47.28	47.5

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
711	Yoga	Female	40	40	40	44.64	47.28	47.5
713	Yoga	Female	35	40	45	40	45	45
715	Yoga	Female	25	25	25	35	30	35
717	Yoga	Male	20	35	30	35	35	35
719	Yoga	Female	30	30	25	30	30	35
721	Yoga	Female	20	10	20	25	30	30
723	Yoga	Female	20	20	20	25	25	25
725	Yoga	Female	35	40	40	35	35	40
727	Yoga	Female	25	25	25	30	30	30
729	Yoga	Female	30	35	40	44.64	47.28	47.5
599	Yoga	Male	40	45	40	44.64	47.28	47.5
600	Yoga	Male	75	80	70	70	75	70
601	Yoga	Male	60	75	80	50	75	75
602	Yoga	Male	55	55	60	70	80	75
603	Yoga	Male	60	60	60	70	65	75
604	Yoga	Male	50	60	65	60	60	65
605	Yoga	Male	75	85	85	105	110	120
606	Yoga	Male	25	40	40	30	30	30
607	Yoga	Male	50	50	50	50	50	45
609	Yoga	Male	25	20	25	25	30	35
611	Yoga	Male	55	60	60	65	50	50
613	Yoga	Male	60	65	65	80	75	80
615	Yoga	Female	70	65	75	55	80	80
617	Yoga	Male	50	50	50	44.64	47.28	47.5
619	Yoga	Male	55	50	45	70	55	65
621	Yoga	Male	35	35	40	50	45	50
623	Yoga	Male	55	40	50	65	65	65
625	Yoga	Male	25	30	35	45	40	40
627	Yoga	Male	40.36	42.42	43.23	44.64	47.28	47.5
629	Yoga	Male	40	55	55	55	60	70
631	Yoga	Male	40	40	40	40	55	50
633	Yoga	Female	50	40	45	75	50	50
635	Yoga	Female	35	40	40	35	40	40
637	Yoga	Female	55	75	70	55	65	50

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
639	Yoga	Female	25	30	30	35	45	45
641	Yoga	Female	20	25	30	20	25	20
643	Yoga	Female	30	35	30	45	45	45
645	Yoga	Female	35	30	35	44.64	47.28	47.5

647	Yoga	Female	25	20	20	25	20	25
649	Yoga	Female	20	20	20	40	45	40
651	Yoga	Female	45	45	45	30	40	40
653	Yoga	Female	35	30	30	35	30	35
655	Yoga	Female	45	45	50	35	40	40
399	Yoga	Male	55	55	60	75	75	70
400	Yoga	Male	50	60	55	60	55	55
401	Yoga	Female	60	75	75	65	70	70
402	Yoga	Male	60	70	75	50	55	50
403	Yoga	Male	45	40	45	55	60	60
404	Yoga	Male	50	60	55	45	55	60
405	Yoga	Male	60	75	65	65	65	60
406	Yoga	Male	60	60	65	70	75	80
407	Yoga	Male	70	65	65	50	45	55
408	Yoga	Male	90	80	100	90	100	105
409	Yoga	Male	55	60	55	55	55	50
410	Yoga	Male	40	45	45	55	55	50
411	Yoga	Male	50	55	55	45	50	50
412	Yoga	Male	60	60	60	60	50	50
413	Yoga	Male	55	60	70	70	70	75
414	Yoga	Male	75	50	75	90	100	100
415	Yoga	Male	60	60	50	70	70	75

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
416	Yoga	Male	30	30	25	50	50	50
417	Yoga	Male	50	45	50	60	60	50
418	Yoga	Male	35	35	35	50	50	50
419	Yoga	Male	35	50	45	40	45	45
420	Yoga	Male	55	65	70	55	70	70
421	Yoga	Female	25	25	20	20	25	25
435	Yoga	Female	35	35	35	40	40	40
436	Yoga	Female	30	30	30	35	35	35
472	Yoga	Female	35	30	30	25	30	35
474	Yoga	Male	55	60	55	60	50	45
476	Yoga	Male	40	45	45	35	40	40
478	Yoga	Female	30	30	25	35	25	30
480	Yoga	Male	60	60	58	50	55	60
482	Yoga	Female	25	25	25	10	10	25
483	Yoga	Male	90	80	78	90	75	85
484	Yoga	Female	30	25	30	25	30	30
485	Yoga	Male	80	80	95	65	70	65
486	Yoga	Female	40	35	30	35	35	35
487	Yoga	Male	75	70	60	70	85	65
488	Yoga	Male	40	40	45	45	50	40

489	Yoga	Female	20	20	20	10	10	10
490	Yoga	Male	75	70	60	65	60	70
491	Yoga	Female	35	35	35	40	25	30

s.no	YOGA1P A0	sexMALE1FEM ALE0	BLD1 _1	BLD2 _1	BLD3 _1	BLD11 _1	BLD12 _1	BLD13 _1
492	Yoga	Male	50	50	50	40	45	45
493	Yoga	Male	60	50	60	55	50	60
494	Yoga	Female	40	40	50	25	30	35
495	Yoga	Female	55	55	50	50	50	55
496	Yoga	Male	50	65	60	70	60	65
497	Yoga	Male	75	75	55	55	70	70
498	Yoga	Female	30	35	40	30	35	35
499	Yoga	Male	50	50	50	55	60	60
500	Yoga	Female	30	25	40	40	40	45
501	Yoga	Male	35	35	45	70	70	60
502	Yoga	Male	30	50	50	55	65	60
503	Yoga	Male	40.36	42.42	43.23	65	55	65
504	Yoga	Male	40.36	42.42	43.23	70	75	75
505	Yoga	Male	60	68	70	75	19	80
506	Yoga	Male	50	50	55	40	50	50
507	Yoga	Male	80	75	75	70	75	75
508	Yoga	Male	35	35	35	30	35	35
509	Yoga	Male	90	85	85	90	75	80
510	Yoga	Male	40.36	42.42	43.23	60	55	55
511	Yoga	Female	40.36	42.42	43.23	44.64	47.28	47.5
512	Yoga	Female	40.36	42.42	43.23	44.64	47.28	47.5
513	Yoga	Female	40.36	42.42	43.23	44.64	47.28	47.5
514	Yoga	Female	40.36	42.42	43.23	44.64	47.28	47.5