5.2 Conclusions:

With in the limitations of the study, the following conclusions were drawn

a) It was concluded from the results that the attitude of the prisoners in experimental group was improved significantly after 26 week of yoga programme with comparison to control group.

b) It was concluded from the results that the aggression of the prisoners in post programme experimental group was reduced significantly due to 26 week of yoga programme.

c) It was concluded from the results that the anxiety level of the prisoners was significantly reduced in post programme, group showed a significant difference due to 26 week of yoga programme.

d) It was concluded from the results that the all factors of personality out of sixteen factors was significant after 26 week of yoga programme. All factors as A, B, C, E, F,G, H, I, L, M, N, O, Q1 Q2, Q3 and Q4 shown significant difference in experimental with comparison to control group.

e) It is concluded that the blood pressure was improved significantly due to 26 week of yogic practices. But the systolic blood pressure of the pre programme group was insignificant. This study revealed that experimental group shown a significant improvement in B.P of the Prisoners.

f) It was concluded from the results that the cardio vascular endurance was also improved significantly among experimental group due to 26 week of yogic practice. This study revealed that experimental group shown a significant improvement cardio vascular endurance of the prisoners.

g) It was concluded from the results that the vital capacity in the pre programme group was insignificant but the post programme experimental group shown a significant improvement due to 26 week of yogic training programme. This study also revealed that vital capacity of the prisoners was improved after the programme.
h) It was concluded from the results that the pulse rate of both pre and post test in experimental group was insignificant after 26 week of yogic programme. This study revealed that experimental groups shown insignificant change in pulse rate thus we can say that pulse rate will not change after six month of daily yoga.

5.3 **Recommendations:**

For the further research in this area following recommendations were drawn-

a) Greater control over the social environment must be attempted so that non-practioner does not discourse the participation from maintaining the continuity of practice of yoga.

b) Adequate personal space should be provided, so that participants can do self analysis isolation.

c) Observations about compliance / non compliance with instructions during the course may be made.

d) A longer observation/ follow up study is recommended for permanent effect.

e) Better tools may be developed to assess the effect of yogic practices more objectively and reliably.

f) There is a need to measure criminal tendency especially for the inmates of the jail.

g) More congenial atmosphere should be provided to trainees for yoga.

h) Regular discourses on the varieties of meaning and implications of yogic practices would be helpful to promote healthy life to the inmates.

i) A similar study may be conducted on prisoners with life sentenced inmates.

j) A similar study may be conducted on different age group of school going students, college students, elite athletes, aged persons etc.
k) A similar study may be conducted on different dependent variables other than taken in this study.

l) A similar study may be conducted with females also.

m) A similar study may be conducted with the combination of yoga and other exercises