LIST OF FIGURES

Figure	Title	Page No
1	pre post and adjusted post test differences of the, aerobic training, anaerobic training and control group on breath holding time	79
2	pre post and adjusted post test differences of the, aerobic training, anaerobic training and control group on systolic blood pressure	83
3	pre post and adjusted post test differences of the, aerobic training, anaerobic training and control group on diastolic blood pressure	87
4	pre post and adjusted post test differences of the, aerobic training, anaerobic training and control group on resting pulse rate	91
5	pre post and adjusted post test differences of the, aerobic training, anaerobic training and control group on aerobic power	95
6	pre post and adjusted post test differences of the, aerobic training, anaerobic training and control group on anaerobic power	99
7	pre post and adjusted post test differences of the, aerobic training, anaerobic training and control group on body weight	103
8	pre post and adjusted post test differences of the, aerobic training, anaerobic training and control group on lean body mass	107
9	pre post and adjusted post test differences of the, aerobic training, anaerobic training and control group on fat mass	111
10	pre post and adjusted post test differences of the, aerobic training, anaerobic training and control group on body mass index	115