| FIGURES<br>NO | LIST OF FIGURES  | PAGE<br>NO |
|---------------|--|------------|
| 1             | Computation of Analysis of Covariance of Resting Pulse rate of Pre test, Post test and Adjusted Post- test of five groups    | 104        |
| 2             | Computation of Analysis of Covariance of Pre test, Post test and adjusted Post test Breath Holding time of five groups       | 109        |
| 3             | Computation of Analysis of Covariance of Pre test, Post test and adjusted Post test Speed of five groups                     | 114        |
| 4             | Computation of Analysis of Covariance of Pre test, Post<br>Test and adjusted Post test Leg Explosive Power of five<br>groups | 119        |
| 5             | Computation of Analysis of Covariance of Pre test, Post test and adjusted post test Anxiety of five groups                   | 122        |
| 6             | Computation of Analysis of Covariance of Pre test, Post<br>test and adjusted post test of Self Confidence of five<br>groups  | 125        |