Sixty school going boy students, 14-17 years age group of Kanaknagar S.D. institution (H.S), Hingalganj, North 24 Parganas, West Bengal had been randomly selected for this study. Most of the students read in class VIII to class XI. They had same routine of life, diet and environmental set up and hence there was no need to apply any control over these factors. Subjects were divided into two groups. Thirty subjects were in Experimental group and remaining twenty subjects were in control group. Group I (Exp. Gr.) underwent physical exercises training and group II (Cont. Gr.) acted as control groups. The experimental group was treated with respective training for fifty minutes per day for three day a week for a period of fourteen weeks. The control group did not undergo any training program rather than their routine work. All the subjects were tested prior to and after the training on selected variables. The performance of the subjects in selected physiological parameters, psychological parameters and physical fitness components and personal data were taken as a criterion measure for the study. The physiological parameters chosen for this study were Resting Heart rate, Pressure (Systolic & Diastolic), Breath holding capacity, Hemoglobin%, and Fat%. The psychological parameters chosen for this study were State Anxiety and Trait Anxiety. The physical fitness components chosen for this study were Speed, Strength, Endurance, Agility and Reaction time. The only one general component chosen for this study was Weight. Measurements involved in two phases; firstly, just before the conditioning program starts, finally; after completion of three months conditioning program. The’t’ test was applied as statistical tool. In all cases 0.05 levels was fixed as significance. It was concluded from the results of the study that Conditioning of school going students caused beneficial physiological parameters such as heart rate, diastolic blood pressure, breath holding capacity, hemoglobin% and fat% adaptive changes except in the measurement of systolic blood pressure of Experimental Group. But there was no change of physiological parameters such as heart rate, systolic- diastolic blood pressure, breath holding capacity,
hemoglobin% except in fat% of Control Group. Improvement of state anxiety of Experimental Group was highly significant but there was no improvement of Control Group. Improvement of trait anxiety of Experimental Group was significant but trait anxiety of Control Group was no change significantly. In case of performance related physical fitness- significant change was observed of speed (50 meters) of school going students of Experimental Group but there was no improvement of Control Group. In strength (standing broad jump) significant improvement was occurred of Experimental Group but strength of Control Group was also improvement. Endurance ability of Experimental Group was improved and it was significant but there was no improvement of Control Group. Significant change was observed on agility (shuttle run) of school going students of Experimental Group but there was no improvement of Control Group. Reaction time of Experimental Group was improved and it was significant of school going students but Reaction time of Control Group was no change significantly. In case of weight- significant change was observed in weight of Experimental Group and the change was positive i.e., weight loss but significant change was observed in weight of Control Group; change was negative i.e., weight gain.

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