APPENDICES
## APPENDIX I

### NAME OF THE SUBJECTS

**Group 'A'- Aerobic**

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APPENDIX II

DATA ON SYSTOLIC BLOOD PRESSURE
(in mm. Hg)

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(in mm. Hg)

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(in mm. Hg)

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APPENDIX III

DATA ON DIASTOLIC BLOOD PRESSURE

(in mm.Hg)

Group 'A'—Aerobic

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APPENDIX III (Continued)

DATA ON DIASTOLIC BLOOD PRESSURE

(in mm. Hg)

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*(in mm. Hg)*

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APPENDIX IV

DATA ON BASAL HEART RATE

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DATA ON BASAL HEART RATE

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(Count in millions per cu.mm)
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APPENDIX VI (Continued)

DATA ON RED BLOOD CORPUSCLES

(Count in millions per cu.mm)

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APPENDIX VI (Continued)

DATA ON RED BLOOD CORPUSCLES

(Count in millions per cu.mm)

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APPENDIX VII

DATA ON WHITE BLOOD CORPUSCLES

(Count per cu.mm)

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(Count per cu.mm)

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APPENDIX VII (Continued)

DATA ON WHITE BLOOD CORPUSCLES

(Count per cu.mm)

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### APPENDIX VIII

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APPENDIX VII (Continued)
DATA ON RECOVERY HEART RATE

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