Tables		
Tubles		Page No.
I	Training Programme For Experimental Groups	
II	Training Schedule for Exp. Groups I & II – First to Fourth Week	
III	Training Schedule for Exp. Groups I & II – Fifth to Eighth Week	
IV	Training Schedule for Exp. Groups I & II – Ninth to Twelfth Week	
V	Water Cure Chart	
VI	Computation of Mean And Analysis of Covariance of Resting Pulse Rate of	
	Experimental Group – I, II And Control Group	
VII	Scheffe's Post-Hoc Test For Resting Pulse Rate	
VIII	Computation of Mean And Analysis of Covariance of Systolic Blood	
	Pressureof Experimental Group – I, II And Control Group	
IX	Scheffe's Post-Hoc Test For Systolic Blood Pressure	
X	Computation of Mean And Analysis of Covariance of Diastolic Blood	
	Pressure of Experimental Group – I, II And Control Group	
XI	Scheffe's Post-Hoc Test For Diastolic Blood Pressure	
XII	Computation of Mean And Analysis of Covariance of HDL (High Density	
	Lipoprotein)of Experimental Group – I, II And Control Group	
XIII	Scheffe's Post-Hoc Test For HDL (High Density Lipoprotein)	
XIV	Computation of Mean And Analysis of Covariance of LDL (Low Density	
	Lipoprotein)of Experimental Group – I, II And Control Group	

XV	Scheffe's Post-Hoc Test For LDL (Low Density Lipoprotein)	
XVI	Computation of Mean And Analysis of Covariance of Blood Sugar Post Prandial of Experimental Group – I, II And Control Group	
XVII	Scheffe's Post-Hoc Test For Blood Sugar Post Prandial	
XVIII	Computation of Mean And Analysis of Covariance of Stressof Experimental Group – I, II And Control Group	
XIX	Scheffe's Post-Hoc Test For Stress	
XX	Computation of Mean And Analysis of Covariance of Anxietyof Experimental Group – I, II And Control Group	
XXI	Scheffe's Post-Hoc Test For Anxiety	