

**EFFECT OF EXERCISES ON SELECTED
PHYSIOLOGICAL VARIABLES OF COLLEGE GIRLS**

**THESIS SUBMITTED IN LIEU OF MINOR RESEARCH PROJECT IN
HUMANITIES AND SOCIAL SCIENCE,
UNIVERSITY GRANTS COMMISSION,
EASTERN REGIONAL OFFICE,
SALT LAKE,
KOLKATA**

**by
NILIMA GAYEN**

**MUGBERIA GANGADHAR MAHAVIDYALAYA
BHUPATINAGAR
PURBA MEDINIPUR
WEST BENGAL**

**EFFECT OF EXERCISES ON SELECTED
PHYSIOLOGICAL VARIABLES OF COLLEGE GIRLS**

Dedicated

**THESIS SUBMITTED IN LIEU OF MINOR RESEARCH PROJECT IN
HUMANITIES AND SOCIAL SCIENCE,
UNIVERSITY GRANTS COMMISSION,
EASTERN REGIONAL OFFICE,
SALT LAKE,
KOLKATA**

Jasoda Gayen

by

NILIMA GAYEN

**MUGBERIA GANGADHAR MAHAVIDYALAYA
BHUPATINAGAR
PURBA MEDINIPUR
WEST BENGAL**

CONTENTS

SL. NO.	DESCRIPTION	PAGE NO.
	CHAPTER – I	1-11
	INTRODUCTION	
11	General introduction	1-8
12	Purposes of the study	08
13	Significances of the study	08
14	Hypothesis	09
	REVIEW OF RELATED LITERATURE	09-10
	CHAPTER – II	11-12
	MATERIALS AND METHODS	
21	Subjects	11
22	Criteria	11
23	Design	11
	CHAPTER – III	13-17
	RESULTS AND DICUSSIONS	
	CHAPTER – IV	18
	CONCLUSIONS	
	REFERENCES	19-24

LIST OF TABLES

No.	Title	Page No.
Table-1	Difference in means and SD of two anthropometric measures in Pre and Post-test condition	13
Table-2	Difference in means and SD of different Physical Fitness Variables in Pre and Post-test conditions.	14
Table-3	Difference in means and SD of different Physiological variables in Pre and Post-test conditions.	15