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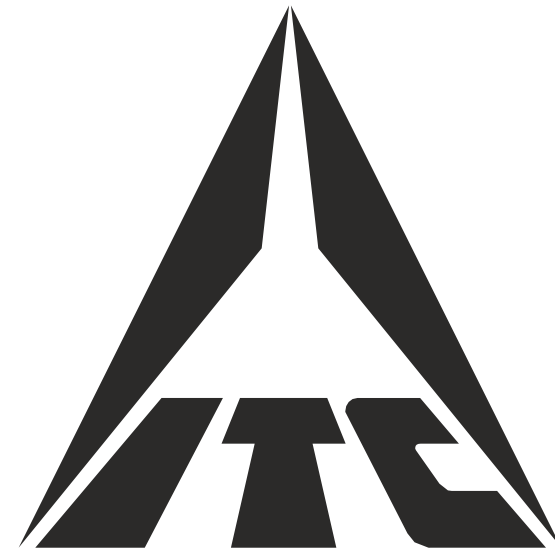












Enduring Value

ITC







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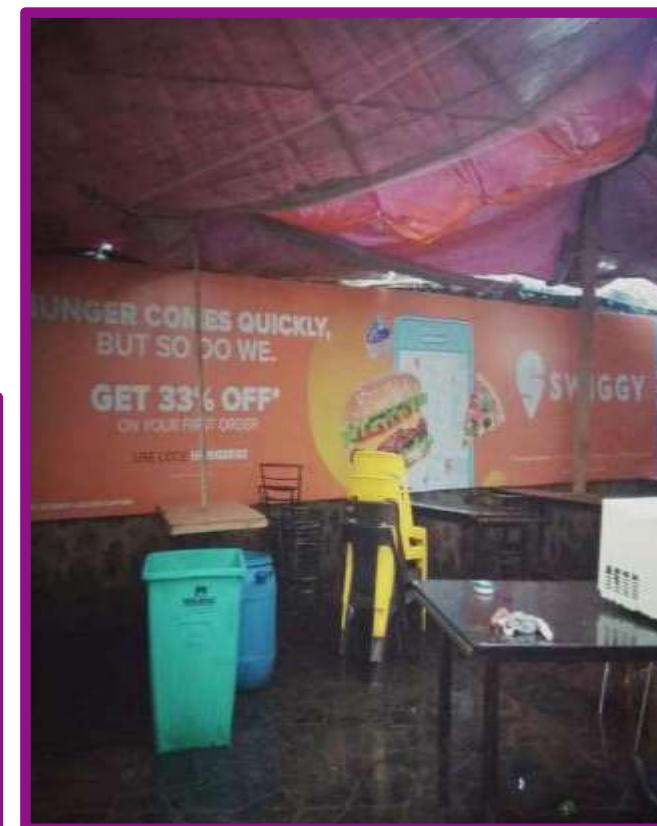
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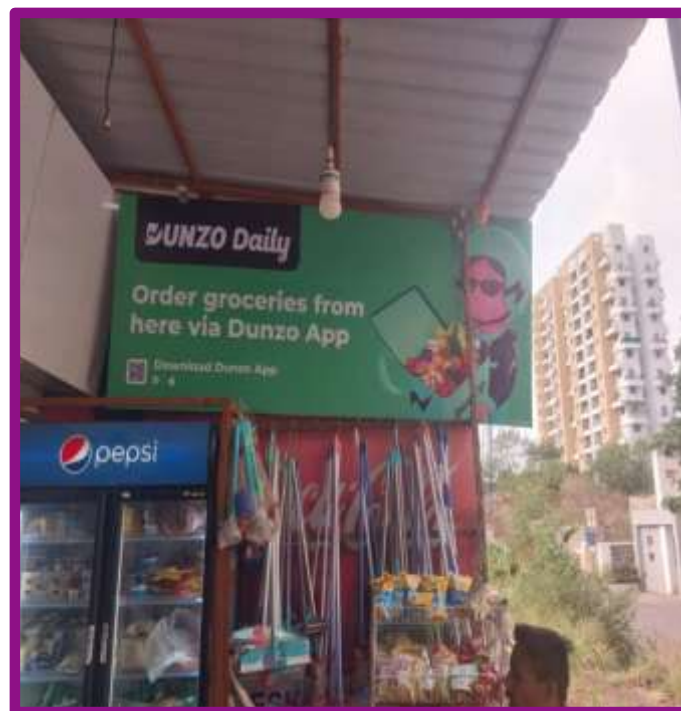
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Delivering Value





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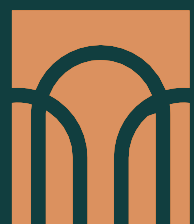




PARLE

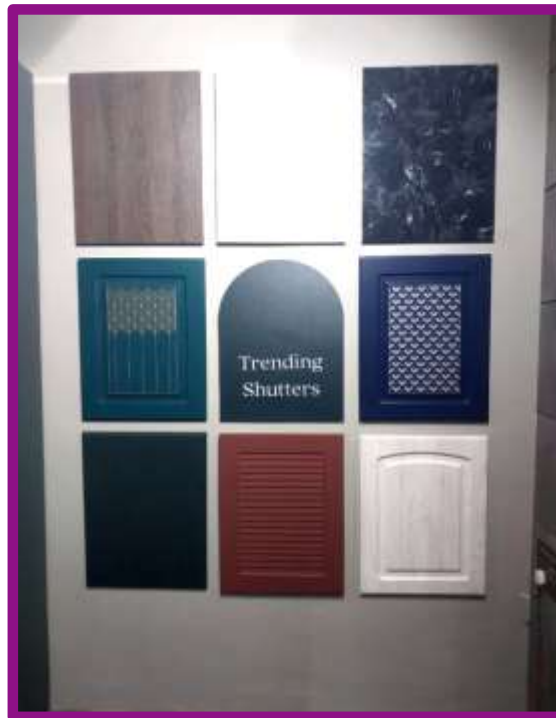






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VIJAYA PH **DIAGNOSTIC** **CENTRE**

A Unit Of Vijaya Diagnostic Centre Limited











[illegible]

Abstract

The purpose of this study was to determine the effect of a 12-week training program on the physical and psychological characteristics of young women. The study was conducted in a laboratory setting. The subjects were 12 young women, aged 18-25, who were divided into two groups: a control group and an experimental group. The experimental group underwent a 12-week training program consisting of aerobic and strength training. The physical characteristics measured were maximum oxygen consumption ($\dot{V}O_{2\max}$), maximum heart rate ($\text{HR}_{\max}$), and maximum power output ($\text{P}_{\max}$). The psychological characteristics measured were anxiety, depression, and self-esteem. The results showed that the experimental group had significantly higher values for $\dot{V}O_{2\max}$, $\text{HR}_{\max}$, and $\text{P}_{\max}$ compared to the control group. Additionally, the experimental group had significantly lower levels of anxiety and depression, and higher levels of self-esteem compared to the control group. The findings suggest that a 12-week training program can improve the physical and psychological characteristics of young women.

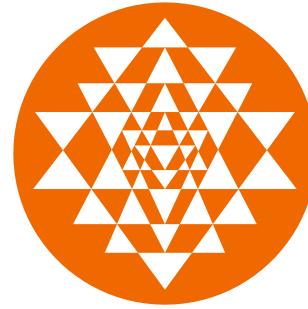
The left photograph shows the entrance to the Pimple Saudagar Centre. The sign above the entrance reads "PIMPLE SAUDAGAR CENTRE" in large letters, with "VIJAYA PH DIAGNOSTIC CENTRE" written below it. The sign also lists the operating hours: Monday - Saturday 7:30 AM to 9:00 PM, and Sunday 8:00 AM to 5:00 PM.

The right photograph shows a sign for the "ESCALATION MATRIX". It contains a table for patient registration with the following fields:

LEVEL - I	
Registration No.	
Name	
Mobile No.	
Room No.	
LEVEL - II	
Registration No.	
Name	
Mobile No.	
Room No.	

 Below the table, it lists the contact information: "Vijaya PH Diagnostic Centre, Pimple Saudagar, Mumbai - 400 026" and "Registration Office: 022-26112222, 022-26112223".





IIFL HOME LOAN



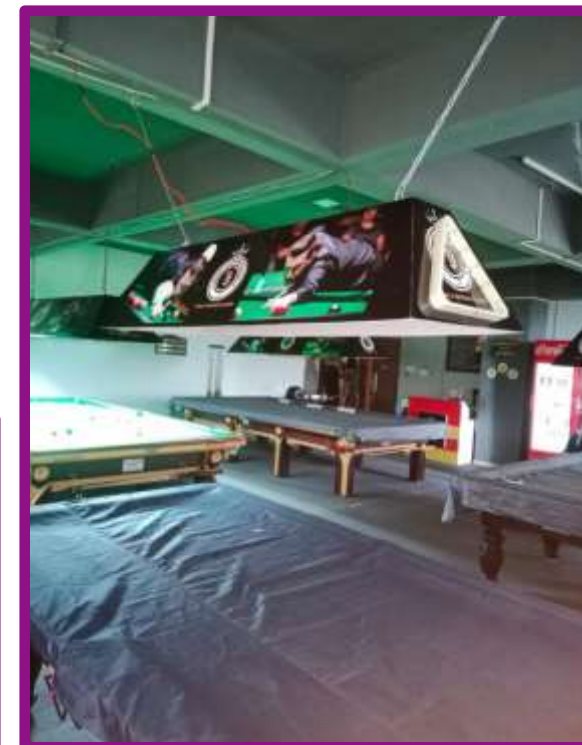
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