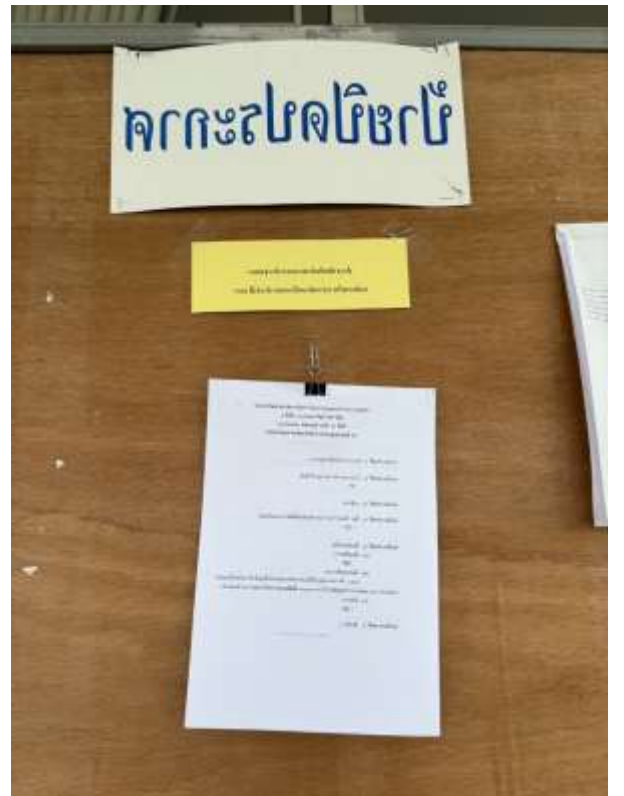
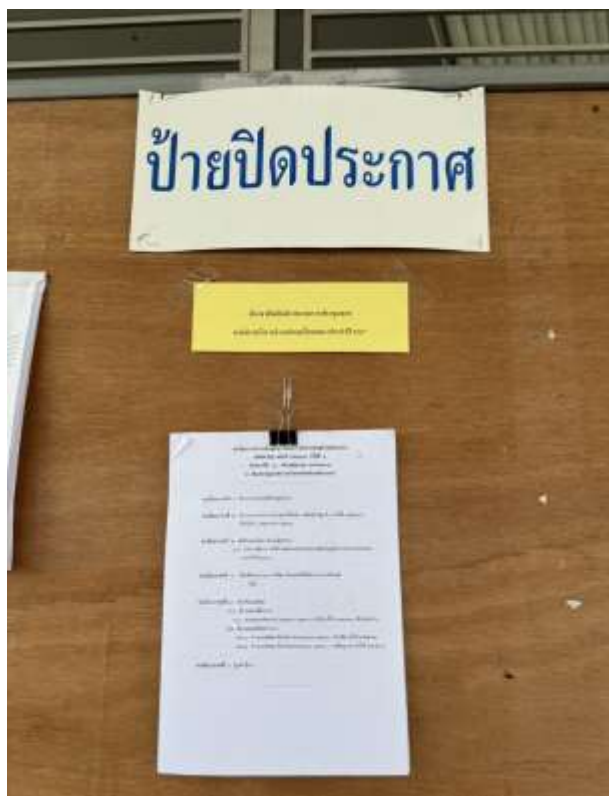
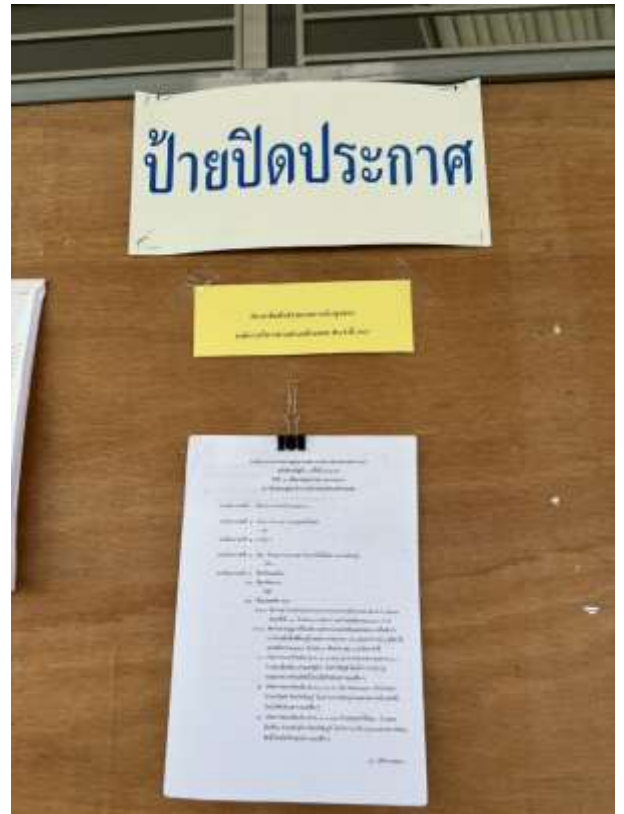
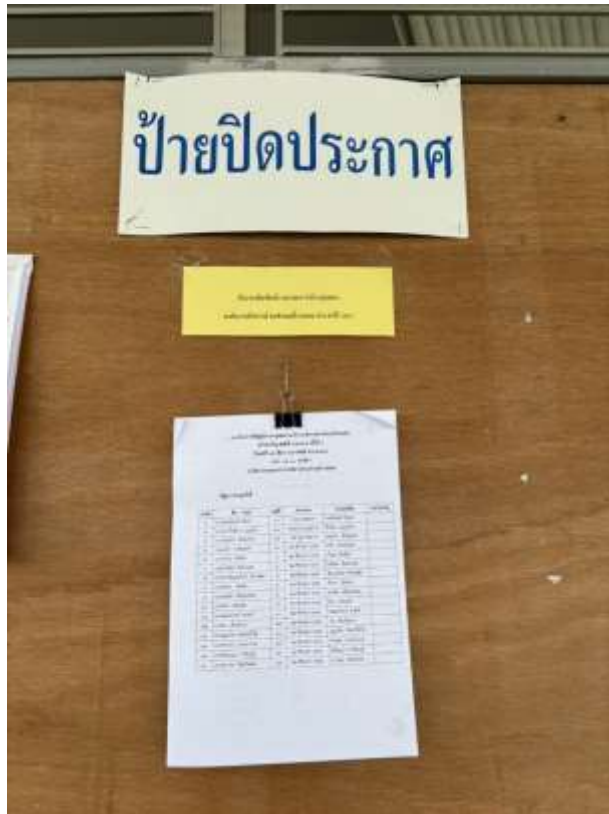
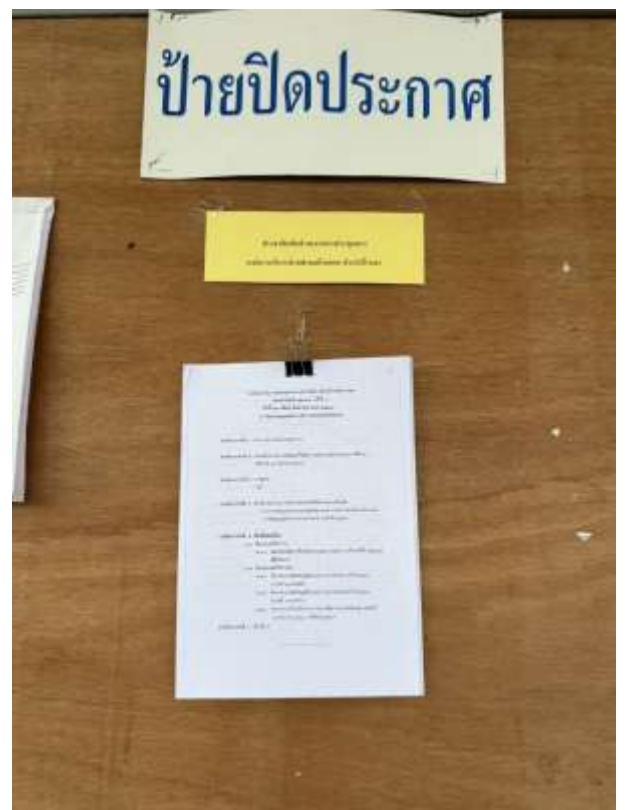
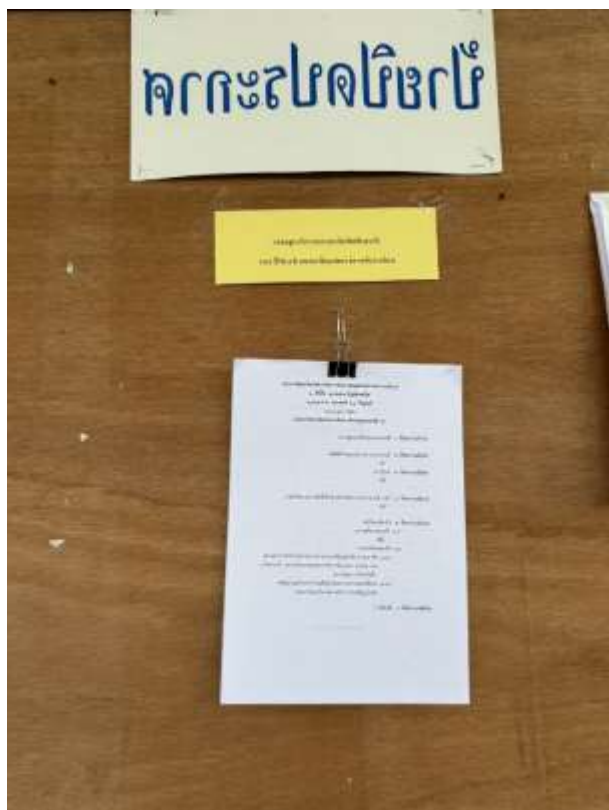
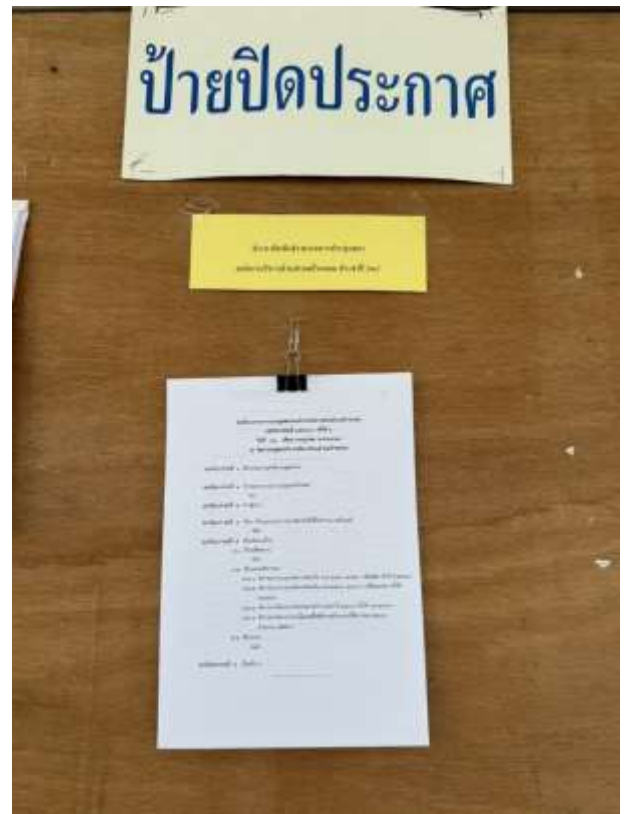
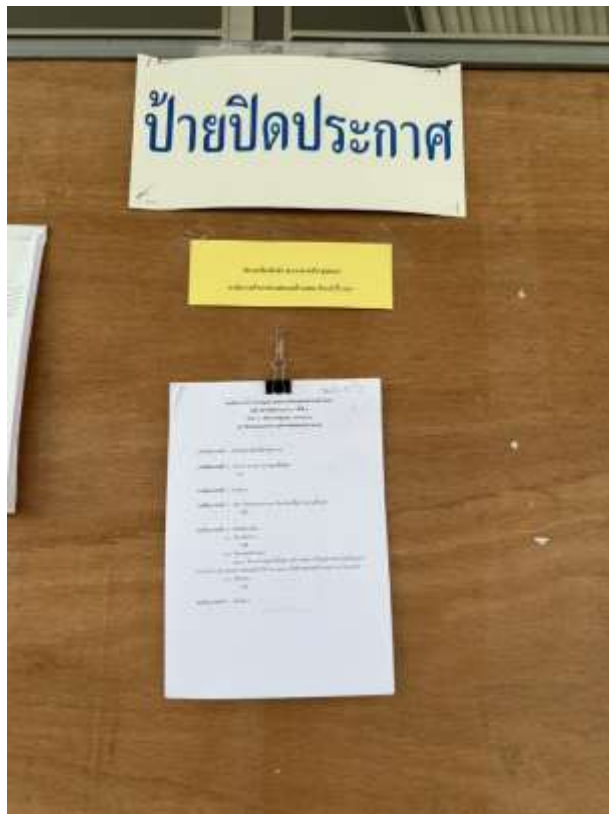






ป้ายปิดประกาศ

சென்னை: கிராமப்புறங்களில் உள்ள பள்ளிகளில் கல்வி கற்கும் மாணவர்களுக்கு உணவு கொடுப்பதில் தாமதமாகி வருவதாக கிராமிய சமூக நல அமைதி குழு தெரிவித்துள்ளது. குழு தெரிவிக்கையில், மாணவர்களுக்கு உணவு கொடுப்பதில் தாமதமாகி வருவதால் மாணவர்கள் பள்ளிகளில் இருந்து விலகி வருவதாக குழு தெரிவித்துள்ளது.

[illegible]

ป้ายปิดประกาศ

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ป้ายปิดประกาศ

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and blood pressure (BP) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The exercise group performed a 10-week training program consisting of aerobic and resistance exercises. The HR and BP were measured at baseline and at the end of the 10-week program. The results showed that the exercise group had a significant decrease in both HR and BP compared to the control group. The HR decreased from 72 to 68 beats per minute, and the BP decreased from 120/80 to 110/70 mmHg. The control group showed no significant change in HR and BP. The findings suggest that a 10-week training program can effectively reduce HR and BP in sedentary, middle-aged men.

1. *Chlorophyll a* (Chl a) is the primary photosynthetic pigment in most plants and algae. It is a green pigment that absorbs light energy in the blue-violet and red-orange regions of the visible spectrum. Chl a is located in the thylakoid membranes of chloroplasts.

2. *Chlorophyll b* (Chl b) is an accessory pigment that absorbs light energy in the blue and orange-yellow regions of the visible spectrum. It transfers the absorbed energy to Chl a for use in photosynthesis. Chl b is also located in the thylakoid membranes.

3. *Carotenoids* are a group of pigments that absorb light energy in the blue and green regions of the visible spectrum. They include carotenes (orange) and xanthophylls (yellow). Carotenoids transfer energy to Chl a and also protect the photosynthetic apparatus from damage by excess light energy.

4. *Xanthophylls* are a type of carotenoid that absorb light energy in the blue and green regions of the visible spectrum. They are involved in energy transfer and photoprotection.

5. *Anthocyanins* are water-soluble pigments that absorb light energy in the blue and green regions of the visible spectrum. They are responsible for the red, purple, and blue colors in many plants. They are located in the vacuoles of plant cells.

6. *Flavonoids* are a large group of plant pigments that absorb light energy in the blue and green regions of the visible spectrum. They include flavones, flavonols, and flavanones. Flavonoids are involved in various plant processes, including UV protection and signaling.

7. *Anthoxanthins* are a type of flavonoid that absorb light energy in the blue and green regions of the visible spectrum. They are responsible for the yellow and white colors in many plants.

8. *Anthocyanins* (repeated) are responsible for the red, purple, and blue colors in many plants.

9. *Anthocyanins* (repeated) are responsible for the red, purple, and blue colors in many plants.

10. *Anthocyanins* (repeated) are responsible for the red, purple, and blue colors in many plants.

11. *Anthocyanins* (repeated) are responsible for the red, purple, and blue colors in many plants.

12. *Anthocyanins* (repeated) are responsible for the red, purple, and blue colors in many plants.

13. *Anthocyanins* (repeated) are responsible for the red, purple, and blue colors in many plants.

14. *Anthocyanins* (repeated) are responsible for the red, purple, and blue colors in many plants.

15. *Anthocyanins* (repeated) are responsible for the red, purple, and blue colors in many plants.

16. *Anthocyanins* (repeated) are responsible for the red, purple, and blue colors in many plants.

17. *Anthocyanins* (repeated) are responsible for the red, purple, and blue colors in many plants.

18. *Anthocyanins* (repeated) are responsible for the red, purple, and blue colors in many plants.

19. *Anthocyanins* (repeated) are responsible for the red, purple, and blue colors in many plants.

20. *Anthocyanins* (repeated) are responsible for the red, purple, and blue colors in many plants.

ป้ายปิดประกาศ

1. The first step is to identify the problem or question that needs to be addressed.

[illegible]