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**Abstracts**: ***abstract should be structured*** into four components such as Background & objectives, Methods, Results, and Interpretation & conclusion.

**Key Words**: HPA, Cortisol, Pre competition Stress, Meditation, Shooting.

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**Introduction:**

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**Material and Methods:**

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**Result:** Xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxross

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**Table:1 Study variables in comparison between xxxx and Control groups**

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  |  |  |  |
|  |  |  |  |  |
|  | **24** | **.8** | **24** | **1** |
|  | **70** | **6** | **70** | **4** |
|  | **15** | **2** | **16** | **2** |
| **BPD** | **119** | **6** | **119** | **3** |
| **BPS** | **79** | **5** | **80** | **3** |

**Table:2 : Comparison of bbbbbbbbb of study**

|  |  |  |
| --- | --- | --- |
|  |  |  |
| **Mean** | **±SD** | **Mean** | **±SD** |
|  | **1.33** | **0.06** | **1.33** | **0.06** |
|  | **0.66** | **0.07** | **1.95** | **0.08** |
|  | **0.93** | **0.11** | **1.6** | **0.11** |
|  | **528** | **13** | **524** | **2** |
|  | **542** | **13** | **518** | **16** |

**Graph- 1: Bland and Altman plot**



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**Discussion:** Xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxross

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**Conclusion:**

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**Acknowledgment:**

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