**Table 1)** Comparison of the mean of variables in two control and experimental groups before and after treatment

| Parameter | Control Group (n=10) | Experimental Group (n=10) |
|---|---|---|
| **Body Mass Index** (kilogram per Square Meter) | | |
| Pretest | 26.96±2.65 | 24.43±3.52 |
| Posttest | 27.06±1.97 | 23.58±3.82 |
| **Body Fat** (Percentage) | | |
| Pretest | 27.45±4.08 | 25.48±5.87 |
| Posttest | 28.26±3.28 | 22.63±5.51 |
| **Serum Dopamine Level** (nanogram per Liter) | | |
| Pretest | 1.08±0.68 | 1.26±0.56 |
| posttest | 0.97±0.75 | 1.66±0.68 |
| **Motor Proficiency Test** (Score) | | |
| **Pretest** | 34.17±3.65 | 35.65±6.39 |
| **Posttest** | 37.17±4.67 | 42.06±9.30 |