

**EFFECT OF PROGRESSIVE MUSCULAR RELAXATION AUTOGENIC
MEDITATION AND MENTAL IMAGERY TRAINING ON SELECTED
COGNITIVE ABILITIES ANXIETY MOOD STATES GAME SKILL
VARIABLES AND PLAYING ABILITY AMONG
INTERCOLLEGIATE HOCKEY PLAYERS**

*Dissertation Submitted to the Tamil Nadu Physical Education and Sports University,
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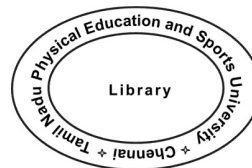
**DOCTOR OF PHILOSOPHY
IN
PHYSICAL EDUCATION**

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