

**EFFECT OF ASANAS AEROBICS AND PROPRIOCEPTIVE TRAINING
ON SELECTED MOTOR FITNESS PHYSIOLOGICAL AND
PERFORMANCE VARIABLES AMONG
FOOTBALL PLAYERS**

**Dissertation Submitted to the Tamil Nadu Physical Education and Sports University, Chennai
for the fulfillment of the requirements for the award of Degree of**

**DOCTOR OF PHILOSOPHY
IN
PHYSICAL EDUCATION**

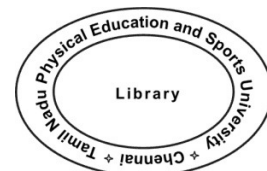
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