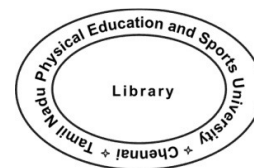


**EFFECTS OF AEROBIC DANCING AND YOGIC PRACTICES ON  
SELECTED HEALTH RELATED FITNESS PSYCHOLOGICAL  
AND BIOCHEMICAL VARIABLES AMONG  
COLLEGE WOMEN STUDENTS**

**DISSERTATION SUBMITTED TO TAMILNADU PHYSICAL EDUCATION  
AND SPORTS UNIVERSITY, CHENNAI FOR THE FULFILLMENT OF  
THE REQUIREMENTS FOR THE DEGREE OF  
DOCTOR OF PHILOSOPHY  
IN  
PHYSICAL EDUCATION**

**Submitted by  
R.KALAIARASI**

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