

**PHASED EFFECT OF SELECTED YOGIC TRAINING ON THE
PHYSICAL PHYSIOLOGICAL AND ANTHROPOMETRICAL
VARIABLES AMONG THE SCHOOL BOYS**

DISSERTATION

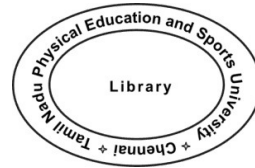
*Submitted to Tamilnadu Physical Education and
Sports University in fulfillment of the
Requirement for the Degree of*

DOCTOR OF PHILOSOPHY IN PHYSICAL EDUCATION

by

C. MURUGADHASAN

*Under the Guidance of
Dr. R. ABRAHAM*



**TAMILNADU PHYSICAL EDUCATION AND
SPORTS UNIVERSITY CHENNAI, INDIA**

AUGUST 2014