

**EFFECTS OF ISOLATED AND COMBINED PHYSICAL FITNESS AND PSYCHOTONIC  
TRAINING ON SELECTED PHYSICAL, PHYSIOLOGICAL AND PSYCHOLOGICAL  
VARIABLES AMONG COLLEGE MEN STUDENTS**

**Dissertation Submitted to the Tamil Nadu Physical Education and Sports University  
Chennai for the Fulfillment of the Requirements  
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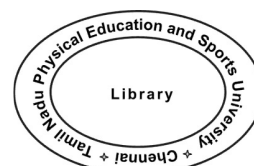
**DOCTOR OF PHILOSOPHY  
IN  
PHYSICAL EDUCATION**

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