## EFFICACY OF ISOLATED ASANA PRANAYAMA AND SURYANAMASKAR TRAINING ON SELECTED PHYSIOLOGICAL BIO-CHEMICAL AND PSYCHOMOTOR ABILITY VARIABLES OF COLLEGE MEN

Thesis Submitted to the Tamil Nadu Physical Education and Sports University, Chennai through Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education, Coimbatore for the fulfillment of the requirements for the award of

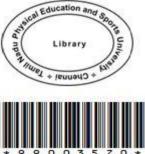
> DOCTOR OF PHILOSOPHY IN PHYSICAL EDUCATION

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