

**EFFECT OF VARIED PACKAGES OF YOGIC PRACTICES ON SELECTED  
MOTOR ABILITY PHYSIOLOGICAL HEMATOLOGICAL AND  
BIO-CHEMICAL VARIABLES AMONG  
COLLEGE MEN STUDENTS**

**Dissertation Submitted to the Tamil Nadu Physical Education and Sports  
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for the award of Degree of**

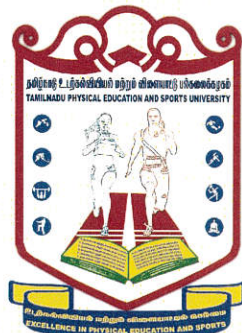
**DOCTOR OF PHILOSOPHY  
IN  
PHYSICAL EDUCATION**

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