

**EFFECTS OF RESISTANCE TRAINING WITH SEPARATE  
PACKAGES OF ASANAS AND AYURVEDIC MASSAGE ON  
SELECTED PHYSICAL FITNESS COMPONENTS AND  
PHYSIOLOGICAL VARIABLES OF MEN ADULTS**

**THESIS SUBMITTED TO TAMIL NADU PHYSICAL EDUCATION AND  
SPORTS UNIVERSITY, CHENNAI IN PARTIAL FULFILLMENT OF THE  
REQUIREMENTS FOR THE AWARD OF THE DEGREE OF**

**DOCTOR OF PHILOSOPHY  
IN  
PHYSICAL EDUCATION**

**By**

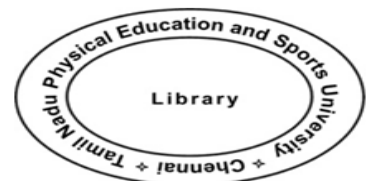
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