

EFFECT OF YOGIC PRACTICES AND PHYSICAL FITNESS TRAINING ON  
PERFORMANCE OF COLLEGE FOOTBALL PLAYERS

Thesis Submitted by

Poornabodha V Kadagadakai

**Reg. No.:** PhD/Cat3/17/Jan12

Towards the partial fulfillment of  
DOCTOR OF PHILOSOPHY (YOGA)

Submitted to



SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA  
(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)  
No.19, Eknath Bhavan, Gavipuram Circle, Kempgowda Nagar,  
Bengaluru-560019. India.

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Dr. BalaramPradhan Ph.D.

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