

CERTIFICATE

This is to certify that this is an authentic approved copy of the thesis titled “EFFECT OF YOGIC PRACTICES AND PHYSICAL FITNESS TRAINING ON PERFORMANCE OF COLLEGE FOOTBALL PLAYERS” submitted by Poornabodha Vadiraj Kadagadakai in partial fulfillment of the requirement for the Doctor of Philosophy (PhD) in Yoga. He has successfully completed the required ‘course of research’ to submit this thesis to Division of Yoga and Humanities under Swami Vivekananda Yoga Anusandhana Samsthana as per the regulations of the University. We also declare that the subject matter of this thesis has not been previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Dr. Balaram Pradhan, Ph.D

Associate Professor,
S-VYASA Yoga University, Bengaluru

(Guide)

DECLARATION

I, hereby declare that this study was conducted by me at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru, under the guidance of Dr. Balaram Pradhan, Associate Professor, Division of Yoga and Humanities, S-VYASA University, Bengaluru.

I also declare that the subject matter of my thesis entitled “EFFECT OF YOGIC PRACTICES AND PHYSICAL FITNESS TRAINING ON PERFORMANCE OF COLLEGE FOOTBALL PLAYERS” has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Date: 27.12.2018

Place: Belagavi/Bengaluru

Poornabodha V Kadagadakai

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

A C K N O W L E D G E M E N T

I would like to express the deepest gratitude to my guide, Dr. Balaram Pradhan for his guidance, enlightenment and encouragement. I thank Dr. Anand Nadgir, Dr. Shivram Reddi for their support and timely help for the completion of this research.

I sincerely acknowledge the Principal, Dr. A S Deshpande, Prof. R Shreedhar, Mrs. Kranti Kurankar, Mr. Y T Kamble and Mr. G J Dharmoji of GIT for their support and help in data extraction. I also would like to thank all the experts and participants involved in my research.

I thank all my Ph.D. co-coordinators, subject teachers, PhD friends and SVYASA staff who helped me during various phases of my research work.

I will always remain grateful to Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) University for its support in promoting my research career.

I am obliged to all my family members for their love and support.

Date: 27.12.2018

Poornabodha V Kadagadakai

Place: Belagavi/Bengaluru

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