

**ISOLATED AND COMBINED EFFECT OF AEROBIC EXERCISE  
AND YOGIC PRACTICES ON SELECTED MOTOR FITNESS PHYSIOLOGICAL  
VARIABLES AND PLAYING ABILITY  
AMONG HIGH SCHOOL FOOTBALL PLAYERS**

Dissertation Submitted to Tamil Nadu Physical Education and Sports University,  
Chennai for the fulfillment of the requirements for the award of degree of

**DOCTOR OF PHILOSOPHY  
IN  
PHYSICAL EDUCATION**

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