

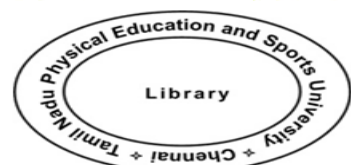
**EFFICACY OF TRAINING, DETRAINING AND RETRAINING  
ON PHYSICAL FITNESS, PHYSIOLOGICAL AND SKILL  
PERFORMANCE VARIABLES AMONG JUNIOR FOOTBALL  
PLAYERS IN PUDUCHERRY STATE**

Dissertation submitted to the Tamil Nadu Physical Education and Sports University  
in partial fulfillment of the requirements for the award of  
Degree of

**DOCTOR OF PHILOSOPHY  
IN  
PHYSICAL EDUCATION**

Submitted by  
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