

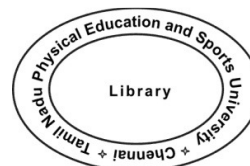
**EFFECTS OF PILATES TRAINING PLYOMETRIC TRAINING AND  
COMBINATION OF PILATES AND PLYOMETRIC TRAINING  
ON MOTOR FITNESS PHYSIOLOGICAL AND  
PSYCHOLOGICAL VARIABLES OF  
COLLEGE MEN**

*Thesis submitted to Tamil Nadu Physical Education and Sports University, Chennai  
for the fulfillment of the requirements for the award of the Degree of*

**DOCTOR OF PHILOSOPHY  
IN  
PHYSICAL EDUCATION**

**Submitted By  
DEBDULAL BAIDYA  
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CHENNAI**

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