

**EFFECT OF VARIED CAPSULES OF FITNESS TRAINING ON
SELECTED PHYSICAL PHYSIOLOGICAL PSYCHOLOGICAL
AND SKILL PERFORMANCE VARIABLES AMONG
COLLEGE LEVEL MEN HANDBALL PLAYERS**

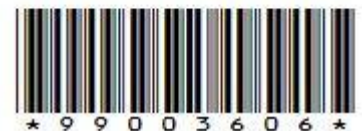
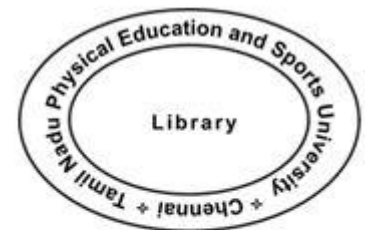
ABSTRACT

**Dissertation Submitted to the Tamil Nadu Physical Education and Sports
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for the award of Degree of**

**DOCTOR OF PHILOSOPHY
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