

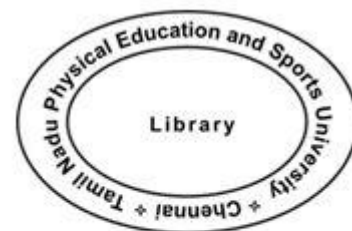
**EFFECTS OF AEROBIC RHYTHMIC EXERCISE AND WEIGHT  
TRAINING ON SELECTED PHYSIOLOGICAL  
HAEMATOLOGICAL AND KINANTHROPOMETRIC  
VARIABLES AMONG COLLEGE MEN OBESE STUDENTS**

**Thesis Submitted to the 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**

**Submitted by  
T. BHARATHI  
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