




தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
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**1.3.3.1 TOTAL NUMBER OF PROGRAMMES
THAT HAVE COMPONENTS OF RESEARCH
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2018 -2023


Registrar
Tamilnadu Physical Education
and
Sports University
Chennai - 600 127.

**COMPARATIVE STUDY ON PHYSICAL FITNESS CHARACTERISTICS
BETWEEN UNIVERSITY AND INTER COLLEGIATE
CRICKET PLAYERS**

Thesis submitted to Tamil Nadu Physical Education and Sports University Chennai for
the partial fulfilment of the requirements for the award of degree of

**MASTER
OF
PHYSICAL EDUCATION**

Submitted by

P. SIVAPERUMAL

Reg. No: 20215102035

Under the Guidance of

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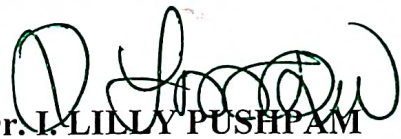
CERTIFICATE BY THE SUPERVISOR

This is to certify that the thesis entitled “COMPARATIVE STUDY ON PHYSICAL FITNESS CHARACTERISTICS BETWEEN UNIVERSITY AND INTER COLLEGIATE CRICKET PLAYERS” is a record of research work done by Mr. P. SIVAPERUMAL a Student Master of Physical Education in the Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year of 2021-2023.

This thesis is his original work and it has previously formed the basis for the award to any candidate, for any degree, diploma associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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Dr. I. LILLY PUSHPAM

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**COMPARATIVE STUDY OF SELECTED PHYSICAL FITNESS
COMPONENTS AND PSYCHOLOGICAL VARIABLES AMONG
INDIVIDUAL AND TEAM SPORTSMEN**

Research proposal submitted to the Tamil Nadu Physical Education and sports University
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**MASTER
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By

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CERTIFICATE BY THE SUPERVISOR

This is to certify that the thesis entitled **COMPARATIVE STUDY OF SELECTED PHYSICAL FITNESS COMPONENTS AND PSYCHOLOGICAL VARIABLES AMONG INDIVIDUAL AND TEAM SPORTSMEN** is a record of research work done by the candidate **Mr. S.RAJKUMAR** for the award of the degree of **Master of Physical Education** during the period of **2021-2023** under my guidance and that this thesis has not been previously formed the basis for the award of any degree, diploma, fellowship, associateship or any other similar title. This is to certify that the thesis represents the individual work of the candidate.


Dr. K. JAYACHANDRAN

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Place: Chennai

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SURVEY OF THE KNOWLEDGE AND PRACTICE OF INDIANIZED PHYSICAL EXERCISES AMONG SCHOOL AND COLLEGE STUDENTS IN TAMIL NADU

Thesis Submitted to the Tamil Nadu Physical Education and Sports University, Chennai for
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This is to certify that the thesis entitled "**SURVEY OF THE KNOWLEDGE AND PRACTICE OF INDIANIZED PHYSICAL EXERCISES AMONG SCHOOL AND COLLEGE STUDENTS IN TAMIL NADU**" HOCKEY WOMEN PLAYERS" is a record of research work done by **Mr. S.PRAVEEN KUMAR** (Reg. No:20215102027) Master of Physical Education, in the department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2021-2023

This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for general guidance by me.

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Date:



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RELATIONSHIP OF AGILITY CARDIOVASCULAR ENDURANCE AND SPEED WITH PLAYING ABILITY AMONG WOMEN KHO-KHO PLAYERS

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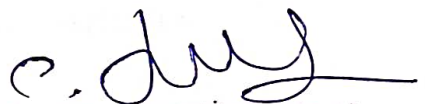
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This is to certify that the dissertation entitled "RELATIONSHIP OF AGILITY CARDIOVASCULAR ENDURANCE AND SPEED WITH PLAYING ABILITY AMONG KHO-KHO PLAYERS" was submitted by V.KUMARESAN, in partial fulfillment of the requirements for the award of the degree of Master of Physical Education, department of Physical Education, Tamilnadu physical education and sports University, during the period 2021-2023. The dissertation is her original work and it is not previously formed the basis for the award of any degree, diploma, associate ship, fellowship or similar title to candidate of the general guidance by me

DATE : 23/05/2023

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COMPARISON OF SELECTED ANTHROPOMETRIC AND MOTOR
FITNESS VARIABLES BETWEEN INTERCOLLEGIATE
VOLLEYBALL AND BASKETBALL PLAYERS

Thesis submitted to Tamil Nadu Physical Education and Sports University, Chennai
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This thesis is his original work and it has it has previously formed the basis for the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

STATION: CHENNAI

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Dr.S.GOKILA

(Supervisor)

**COMPARATIVE STUDY ON SELECTED MOTOR FITNESS AND ANTHROPOMETRIC
VARIABLES AMONG FEMALE CRICKET BATTERS BOWLERS AND WICKET
KEEPERS**

**Thesis Submitted to the Tamil Nadu Physical Education and Sports University,
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DECLARATION BY THE SCHOLAR

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, scholar of Master of Physical Education, department of Physical Education in Tamil Nadu Physical Education and Sports University during the year of 2021- 2023, hereby declare that the thesis entitled “**COMPARATIVE STUDY ON SELECTED MOTOR FITNESS AND ANTHROPOMETRIC VARIABLES AMONG FEMALE CRICKET BATTER BOWLERS AND WICKET KEEPERS S**” submitted to Tamil Nadu Physical Education and Sports University for the award of Master of Physical Education is my original work and it has been previously formed the basis for the award of any degree, diploma. Associate, fellowship or any other similar titles to any candidate of any University



(Ms .S SANDHIYA)

Station: Chennai

Date: 12-5-23

iii Investigator

**GENDER DIFFERENCE ON PSYCHOLOGICAL VARIABLES
AMONG KABADDI PLAYERS**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University, Chennai for the
Partial fulfillment of the requirement for the degree of

**MASTER
OF
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Submitted By

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Under the guidance of

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This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for general guidance by me.

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Dr . S.MANIKANDAN



COMPARATIVE STUDY ON SHOULDER AND LEG EXPLOSIVE POWER BETWEEN VOLLEYBALL AND BASKETBALL PLAYERS

Thesis submitted to Tamil Nadu Physical Education and Sports University for the partial
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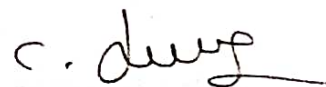
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This is to certify that the dissertation entitled “**COMPARATIVE STUDY ON SHOULDER AND LEG EXPLOSIVE POWER BETWEEN VOLLYBALL AND BASKETBALL PLAYERS**” was submitted by **M.SATHIAKUMAR**, in partial fulfillment of the requirements for the award of the degree of **Master of Physical Education**, department of Physical Education, Tamilnadu physical education and sports University, during the period 2021-2023. The dissertation is her original work and it is not previously formed the basis for the award of any degree, diploma, associate ship, fellowship or similar title to candidate of the general guidance by me

DATE : 12-05-2023

Place: Chennai



Dr.C.LAKSHMANAN

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**STUDY ON ASSOCIATION BETWEEN SERVING ABILITY AND SELECT
COORDINATIVE ABILITIES AMONG VOLLEYBALL
PLAYERS AT INTERCOLLEGIATE LEVEL**

A thesis submitted to the department of Physical Education TAMILNADU
PHYSICAL EDUCATION AND SPORTS University for the award of the degree
of

MASTER OF PHYSICAL EDUCATION

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This dissertation is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This dissertation represents, entirely an independent work on the part of the candidate but the general guidance by me.

Station: Chennai

Date : 12/05/2023


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**COMPARAISON OF DIFFERENT SURFACE OF PLAY ON ENERGY
EXPENDITURE AND DEHYDRATION IN KABADDI**

Thesis submitted to Tamil Nadu Physical Education and Sports University Chennai
For the partial fulfilment of the requirements for the award of degree of

**MASTER
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Submitted by

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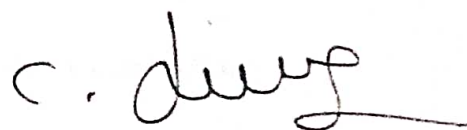
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This is certify that the thesis entitled **“COMPARATIVE STUDY OF DIFFERENCE SURFACE OF PLAY ON ENERGY EXPENDITURE AND DEHYDRATION IN KABADDI”** is a record of research work done by **Mr. A. DINESH** a student of Master of Physical Education, Department of Physical Education, TamilNadu Physical Education and Sports University, Chennai during the year 2021-2023.

This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This dissertation represents, entirely and independent work on the part of candidate but for the general guidance by me.

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Date: 12/05/2023



Dr. C. LAKSHMANAN

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**COMPARISON OF SHOULDER STRENGTH AND LEG EXPLOSIVE
POWER BETWEEN SELECTED POSITIONS OF PLAY AMONG
INTERCOLLEGIATE HANDBALL MEN PLAYERS**

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

**MASTER
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Master of Physical Education,
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DECLARATION BY THE RESEARCH SCHOLAR

I am **S. DINESH KUMAR**, student of Master of Physical Education hereby declares that the thesis entitled **“COMPARISION OF SHOULDER STRENGTH AND LEG EXPLOSIVE POWER BETWEEN SELECTED POSITIONS OF PLAY AMONG INTERCOLLEGIATE HANDBALL MEN PLAYERS”**

Submitted to Tamil Nadu Physical Education and Sports University for the award of Master of Physical Education is my original work and it has not previously formed the basis for award of any degree, diploma associate ship, fellowship or any other similar titles to any candidate of any University.

Station: Chennai


(S. DINESH KUMAR)

Date: 12/05/2023

**COMPARISON OF FORCED EXPIRATORY VOLUME AND BMI
BETWEEN PHYSICAL EDUCATION AND NON PHYSICAL
EDUCATION STUDENTS**

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

MASTER

OF

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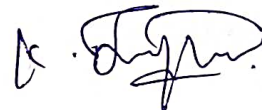
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CERTIFICATE BY THE SUPERVISOR

This is to certify that the thesis entitled “ **COMPARISON OF FORCED EXPIRATORY VOLUME AND BMI BETWEEN PHYSICAL EDUCATION AND NON-PHYSICAL EDUCATION STUDENTS**” is a record of research work done by **G. K. JAYA KUMAR** a student of Master of Physical Education. Tamil Nadu Physical Educational and Sports University, Chennai-127 during the year 2020-2022.

This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of candidate but for the general guidance by me.



Dr. K. JAYACHANDRAN

Station : Chennai

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Date : 12/05/2023

**STUDY ON COPING SKILLS AMONG THE PLAYERS OF BODY
CONTACT SPORT, SEMI BODY CONTACT SPORT, AND NON BODY
CONTACT SPORT AT INTER COLLEGIATE LEVEL**

**Submitted to Tamil Nadu Physical Education and Sports University
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MASTER OF PHYSICAL EDUCATION

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CERTIFICATE BY THE SUPERVISOR

This is to certify that the dissertation entitled **“STUDY ON COPING SKILLS AMONG THE PLAYERS OF BODY CONTACT SPORT, SEMI BODY CONTACTSPORT,AND NON BODY CONTACT SPORT AT INTER COLLEGIATELEVEL”** is a record of research work done by **Ms.S.ABINAYA** Master of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2022-2023.

This dissertation is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This dissertation represents, entirely an independent work on the part of the candidate but the general guidance by me.

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**COMPARATIVE STUDY OF COMMON INJURIES AMONG KABADDI
PLAYERS IN DIFFERENT PLAYING SURFACE**

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

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This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of candidate but for the general guidance by me.

Station : Chennai


Dr. K. JAYACHANDRAN

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Date : 12/05/2023.

ANALYSIS OF MOTOR FITNESS VARIABLES AND PLAYING ABILITY AMONG INTERCOLLEGIATE MEN VOLLEYBALL PLAYERS

Thesis Submitted to the Tamil Nadu Physical Education and Sports University Chennai
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This is to certify that the thesis entitled “**Analysis Of Motor Fitness Variables and Playing Ability Among Intercollegiate Men Volleyball Players**” is a record of research work done by the candidate **Mr. N.SABARINATHAN** for the award of the degree of **Master of Physical Education** during the period of **2021-2023** under my guidance and that this thesis has not been previously formed the basis for the award of any degree, diploma, fellowship, associateship or any other similar title. This is to certify that the thesis represents the individual work of the candidate.

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Date: 12 / 05 / 23

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COMPARATIVE STUDY OF ARM STRENGTH VARIABLES BETWEEN CRICKET AND HOCKEY PLAYERS

Thesis Submitted to the Tamil Nadu Physical Education and Sports University Chennai
for the partial fulfilment of the requirement for the degree of

MASTER OF PHYSICAL EDUCATION

Submitted by

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TAMILNADU PHYSICAL EDUCATION

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Station : Chennai

Date :



Dr. S. MANIKANDAN

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**STUDY ON LEG EXPLOSIVE POWER AND SHOULDER STRENGTH
AMONG PLAYERS OF TARGETBALL AND NETBALL AT INTER-
COLLEGIATE LEVEL**

THESIS SUBMITTED TO TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY CHENNAI FOR THE PARTIAL
FULFILLMENT FOR THE AWARD OF THE DEGREE OF
MASTER OF PHYSICAL EDUCATION
IN
PHYSICAL EDUCATION

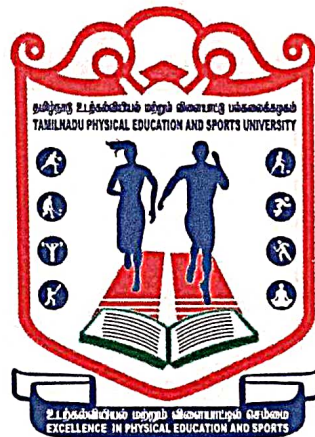
By

D. NAGUL PRATHIK

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UNDER THE GUIDENCE OF

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**DEPARTMENT OF PHYSICAL EDUCATION
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**COMPARATIVE ANALYSIS OF SPEED ENDURANCE AND MUSCULAR
STRENGTH AMONG COLLEGE WOMEN SPRINTERS AND LONG DISTANCE
RUNNER**

Thesis submitted to Tamil Nadu Physical Education and Sports University Chennai
For the partial fulfilment of the requirements for the award of degree of

**MASTER
OF
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Submitted by

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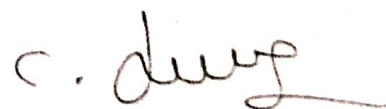
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Date : 12-05-2023

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COMPARATIVE ANALYSIS OF SELECTED PHYSICAL FITNESS VARIABLES BETWEEN BASKETBALL AND VOLLEYBALL PLAYERS

Dissertation submitted to Tamil Nadu Physical Education and Sports University, Chennai for
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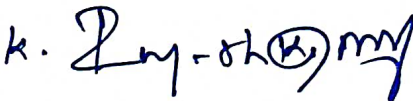
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COMPARATIVE ANALYSIS OF SELECTED CARDIOVASCULAR ENDURANCE AND AGILITY VARIABLES OF KHO-KHO AND KABADDI PLAYERS

*Thesis Submitted to the Tamil Nadu Physical Education and Sports University,
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RELATIONSHIP OF AGILITY AND STRENGTH WITH PLAYING ABILITY AMONG MEN CRICKET PLAYERS

Thesis Submitted to the Tamil Nadu Physical Education and Sports University
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**STUDY ON COPING SKILLS AMONG MALE FOOTBALLPLAYERS
BETWEEN RURAL AND URBAN AREAS**

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This dissertation is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This dissertation represents, entirely an independent work on the part of the candidate but the general guidance by me.

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**COMPARATIVE STUDY ON AGILITY, FLEXIBILITY AND LEG STRENGTH
BETWEEN THE INTER COLLEGIATE LEVEL WOMEN HOCKEY AND
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This dissertation is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This dissertation represents, entirely an independent work on the part of candidate but the general guidance by me.

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Thesis Submitted to the Tamil Nadu Physical Education and Sports University Chennai
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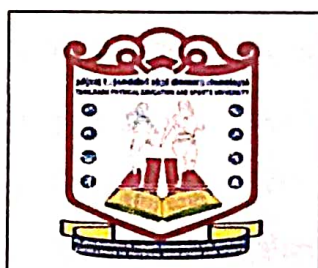
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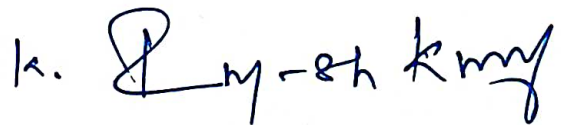
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**RELATIONSHIP BETWEEN SELECTED ANTHROPOMETRIC VARIABLES AND
PLAYING ABILITY IN HOCKEY WOMEN PLAYERS**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University, Chennai for
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**COMPARISON OF AEROBIC ENDURANCE AND SPEED BETWEEN
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COMPARATIVE ANALYSIS OF VOLLEYBALL SERVING AND VOLLEYING ABILITY INDOOR AND OUTDOOR COURTS

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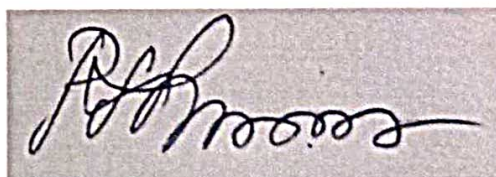
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COMPARATIVE ANALYSIS OF SELECTED MOTOR FITNESS COMPONENT BETWEEN KABADDI AND KHO-KHO PLAYERS

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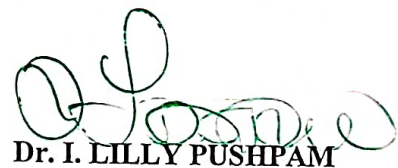
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**COMPARATIVE ANALYSIS OF VARIABLES PSYCHOLOGICAL SKILLSEMOTIONALS
INTELIGENCE AND TEAM COHESION BETWEEN VOLLEYBALL AND
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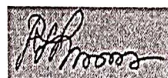
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**RELATIONSHIP BETWEEN JUMPING ABILITY AND SELECTED
GAME SKILLS AMONG INTERCOLLEGIATE MEN
VOLLEYBALL PLAYERS**

Thesis submitted to Tamil Nadu Physical Education and Sports University Chennai
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Date: 12-05-2023

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**A COMPARATIVE STUDY ON PHYSICAL FITNESS VARIABLES BETWEEN
INTERCOLLEGIATE MEN FOOTBALL PLAYERS
WITH DIFFERENT POSITION**

Dissertation submitted to Tamil Nadu Physical Education and Sports University, Chennai for
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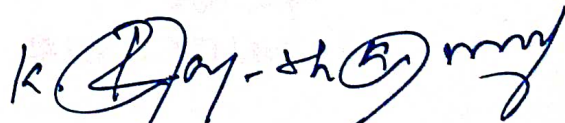
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**EFFECT OF YOGIC PRACTICES ON SELECTED
PHYSIOLOGICAL VARIABLES AMONG
OBESE ADOLESCENT GIRLS**

**Thesis submitted to Tamilnadu physical Education and Sports University, Chennai
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**EFFECT OF YOGIC PRACTICES ON SELECTED
PHYSIOLOGICAL VARIABLES AMONG
OBESE ADOLESCENT GIRLS**

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This is to certify that the thesis entitled "**EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES AMONG OBESE ADOLESCENT GIRLS**" is a record of research work done by M.KOMALA, a student of M.Sc in YOGA in Tamil Nadu Physical Education and sports University, Chennai during the year 2021-2023.

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**EFFECT OF YOGA AND DHARANA PRACTICES ON SELECTED
PYSIOLOGICAL VARIABLES TO IMPROVE CONCENTRATION
AMONG SECONDARY SCHOOL STUDENTS**

**Thesis submitted to Tamilnadu physical Education and Sports University, Chennai
for the partial fulfilment of the requirements for the award of degree of**

MASTER OF SCIENCE

IN YOGA

Submitted by

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Under the guidance of

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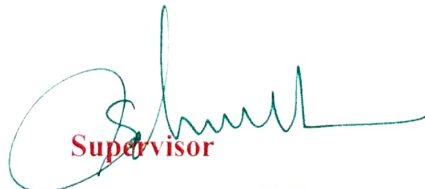
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**EFFECT OF YOGIC PRACTICES ON SELECTED PSYCHOLOGICAL
VARIABLE AMONG DEPRESSED MIDDLE-AGED MEN**

**Thesis submitted to Tamilnadu physical Education and Sports University, Chennai for
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**EFFECT OF YOGA THERAPY ON LOW BACK AND HAMSTRING AND
GROIN FLEXIBILITY AMONG WOMEN SUFFERING WITH LUMBAR
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ii

**EFFECT OF YOGIC PRACTICES ON SELECTED PSYCHOLOGICAL
VARIABLE AMONG DEPRESSED MIDDLE-AGED MEN**

**Thesis submitted to Tamilnadu physical Education and Sports University, Chennai for
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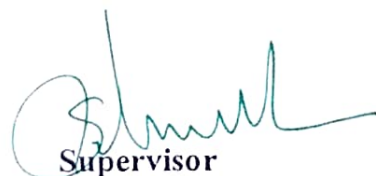
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**EFFECT OF YOGA THERAPY ON SELECTED PHYSIOLOGICAL
VARIABLES AMONG RHEUMATOID ARTHRITIS MEN**

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**COMPARATIVE STUDY ON LIFE SATISFACTION AND STRESS AMONG IT
WORKING AND NON-IT WORKING WOMEN OF KERALA**

*The dissertation submitted to Tamil Nadu Physical Education and Sports University
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MASTER OF SCIENCE

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**A STUDY ON PSYCHOLOGICAL WELL-BEING, SELF-COMPASSION AND
LONELINESS AMONG DAY SCHOLARS AND HOSTELLERS**

*The dissertation submitted to Tamil Nadu Physical Education and Sports University
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**COMPARATIVE STUDY ON SPORTS PERFORMANCE ANXIETY BETWEEN
INDIVIDUAL AND TEAM SPORTS ATHLETES**

*The dissertation submitted to Tamil Nadu Physical Education and Sports University
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COMPARATIVE STUDY ON PROSOCIAL BEHAVIOUR AND PSYCHOLOGICAL WELLBEING AMONG CHENNAI YOUTH

*The dissertation submitted to Tamil Nadu Physical Education and Sports University
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**STUDY ON THE RELATIONSHIP BETWEEN SPORTS COMPETITION
ANXIETY AND SPORTS INJURY RATES AMONG YOUNG
FOOTBALL PLAYERS**

*Thesis Submitted to the Tamil Nadu Physical Education and Sports University,
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**ANALYSIS OF COGNITIVE DISTORTION AND SUICIDAL IDEATION
IN YOUNG ADULTS**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University,

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for the award of Degree of

MASTER OF SCIENCE

IN

PSYCHOLOGY

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**COMPARISON OF FORCED RESPIRATORY VOLUME AND BODY
MASS INDEX BETWEEN MEN INTERCOLLEGIATE VOLLEYBALL
PLAYERS AND BASKETBALL PLAYERS**

Thesis submitted to Tamil Nadu Physical Education and Sports University,
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MASTER

OF

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**COMPARATIVE STUDY ON SELECTED ANTHROPOMETRIC
AND PHYSICAL FITNESS VARIABLES BETWEEN
BASKETBALL AND HANDBALL PLAYERS
RESEARCH THESIS**

**Submitted to the Tamil Nadu Physical Education and Sports
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**For the partial fulfilment of the requirement for the degree of
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**COMPARISON OF SPORTS INJURIES BETWEEN ARTIFICIAL AND
NATURAL SURFACES IN KABADDI**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University Chennai
for the approval to pursue the degree of

**MASTER
OF
PHYSICAL EDUCATION**

Submitted

By

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(REG. NO: 20205102019)

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**COMPARISON OF AEROBIC ENDURANCE AND SPEED BETWEEN
INTER COLLEGIATE FOOTBALL AND HOCKEY PLAYERS**

**Chennai for the partial fulfillment of the requirements
for the award of Degree of**

MASTER OF PHYSICAL EDUCATION

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**COMPARATIVE STUDY ON AEROBIC AND ANAEROBIC POWER BETWEEN
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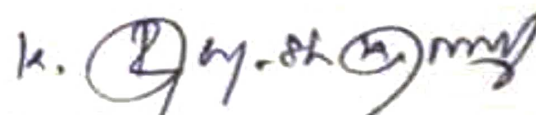
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COMPARATIVE OF SELECTED PHYSICAL FITNESS VARIABLES BETWEEN BASKETBALL AND VOLLEYBALL PLAYERS

Dissertation submitted to Tamil Nadu Physical Education and Sports University, Chennai for
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**COMPARISON OF SPEED, AGILITY AND ENDURANCE BETWEEN
INTERCOLLEGIATE MEN KABADDI AND
KHO-KHO PLAYERS**

*Thesis Submitted to the Tamil Nadu Physical Education and Sports
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**COMPARISON OF SPEED, AGILITY AND MUSCULAR
ENDURANCE BETWEEN BASKETBALL AND
FOOT BALL PLAYERS**

*Thesis Submitted to the Tamil Nadu Physical Education and Sports
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**ANALYSIS OF ANTHROPOMETRIC AND MOTOR FITNESS AMONG VARIOUS
POSITION WISE FOOTBALL PLAYERS**

Submitted to the Tamil Nadu Physical Education and Sports University,
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ANALYSIS OF SOCIO-ECONOMICS AND EDUCATIONAL STATUS OF FOOTBALL REFREES IN CHENNAI

Thesis Submitted to the Tamil Nadu Physical Education and Sports University Chennai
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**COMPARATIVE ANALYSIS OF PHYSICAL FITNESS VARIABLES AMONG
COLLEGE MEN KABADDI AND KHO-KHO PLAYERS**

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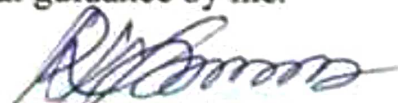
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RELATIONSHIP OF BLOOD PRESSURE WITH QUALITY OF SLEEP AND BREAKFAST HABITS AMONG SPORTS WOMEN

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**COMPARATIVE ANALYSIS OF MOTOR SKILL
RELATED FITNESS VARIABLES BETWEEN
SPORTS HOSTEL AND NON SPORTS
HOSTEL MEN FOOTBALL
PLAYERS**

Submitted to the Tamil nadu Physical Education and Sports University, Chennai.
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**COMPARSION OF AWARENESS OF FITNESS AND
EXERCIES HABITS AMONG URBAN AND RURAL
YOUTH IN CHENGALPATTU DISTRICT**

**Thesis Submitted to Tamil Nadu Physical Education and Sports University, Chennai
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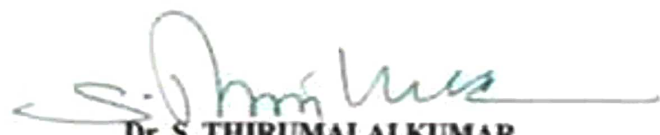
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COMPARISON OF RESTING HEART RATE AND CARDIO RESPIRATORY ENDURANCE BETWEEN MIDDLE DISTANCE RUNNERS AND FOOTBALL PLAYERS

Thesis Submitted to the Tamil Nadu Physical Education and Sports University,
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**COMPARISON OF FORCED EXPIRATORY VOLUME AND BMI BETWEEN
PHYSICAL EDUCATION AND NON PHYSICAL EDUCATION STUDENTS**

**Thesis Submitted to Tamil Nadu Physical Education and Sports University, Chennai
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COMPARISON OF FORCED RESPIRATORY VOLUME AND BODY
MASS INDEX BETWEEN MEN INTERCOLLEGIATE VOLLEYBALL
PLAYERS AND BASKETBALL PLAYERS

Thesis submitted to Tamil Nadu Physical Education and Sports University,
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for the partial fulfillment of the requirements for the award of degree of

MASTER
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COMPARSION OF AWARENESS OF FITNESS AND EXERCIES HABITS AMONG URBAN AND RURAL YOUTH IN CHENGALPATTU DISTRICT

**Thesis Submitted to Tamil Nadu Physical Education and Sports University, Chennai
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This is to certify that the thesis entitled “ **COMPARISON OF AWARENESS OF FITNESS AND EXERCISES HABITS AMONG URBAN AND RURAL YOUTH IN CHENGALPATTU DISTRICT**” is a record of research work done by **B.ARAVINDAN** a student of Master of Physical Education. Tamil Nadu Physical Educational and Sports University, Chennai-127 during the year 2020-2022.

This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of candidate but for the general guidance by me.

Station : Chennai



Dr. S. THIRUMALAI KUMAR

Date

: 20/6/22

SUPERVISOR
Dr. S. THIRUMALAI KUMAR
Professor
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TamilNadu Physical Education and Sports University
Chennai - 600 127

RELATIONSHIP OF REACTION TIME AGILITY AND SHOULDER
STRENGTH WITH BOXING ABILITY AMONG WOMEN BOXERS

Research Proposal

Submitted to the TamilNadu Physical Education and Sports University
Chennai for the approval to pursue the degree of
MASTER OF PHYSICAL EDUCATION

Submitted
By

S.PREETHI
(REG.NO:20205102021)

Under the Guidance of
Dr.P.KUMARAVELU



DEPARTMENT OF PHYSICAL EDUCATION TAMILNADU
PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI-127
April-2022

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Master of Physical Education
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DECLARATION

I Hereby Declare That The Dissertation Entitled "**RELATIONSHIP OF REACTION TIME AGILITY AND SHOULDER STRENGTH WITH BOXING ABILITY AMONG WOMEN BOXERS**" being submitted to department of Physical Education and TamilNadu Physical Education and Sports University,Chennai. for the award of Master of Physical Education as an original research work done by me under the supervision and guidance of **Dr.P.KUMARAVELU**, Assistant Professor,Department Of Physical Education, TamilNadu Physical Education And Sports University,Chennai. And it has not formed before on the basis of any degree,diploma,associateship,fellowship or any other similar titles.

PLACE:**CHENNAI**


S.PREETHI

DATE:

(RegNo:20205102021)

**COMPARATIVE STUDY ON PHYSICAL FITNESS VARIABLES
BETWEEN INTERCOLLEGIATE LEVEL FOOTBALL AND
HOCKEY PLAYERS**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University
Chennai for the approval to pursue the degree of

**MASTER
OF
PHYSICAL EDUCATION**

Submitted

By

PRIYADHARSHINI.A

(REG. NO: 20205102022)

Under the Guidance of

Dr. S.JAYAKUMAR



**DEPARTMENT OF PHYSICAL EDUCATION
TAMIL NADU PHYSICAL EDUCATION
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CHENNAI-600127
JUNE-2022**

I

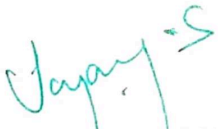
Dr.S.JAYAKUMAR
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CERTIFICATE BY THE SUPERVISOR

This is to certify that the thesis entitled **“COMPARATIVE STUDY ON ENDURANCE FLEXIBILITY AND AGILITY BETWEEN THE INTERCOLLEGIATE LEVEL WOMEN FOOTBALL AND HOCKEY PLAYERS”** is a record of research work done by **Miss. A. PRIYADHARSHINI**, Student Master of Physical Education in the Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year of 2020-2022. This thesis is his original work and it has previously formed the basis for the award to any candidate, for any degree, diploma associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

PLACE; CHENNAI

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Dr. S.JAYAKUMAR
(Research supervisor)

**RELATIONSHIP BETWEEN CO-ORDINATIVE ABILITIES TO PLAYING
ABILITIES IN KABADDI**

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

**MASTER
OF
PHYSICAL EDUCATION**

Submitted

By

YOGESH.E

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DEPARTMENT OF PHYSICAL EDUCATION

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This is to certify that the thesis entitled **"RELATIONSHIP BETWEEN CO-ORDINATIVE ABILITIES TO PLAYING ABILITIES IN KABADDI"** is a record of research work done by **Mr. E.YOGESH**, Student Master of Physical Education in the Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year of 2020-2022.

This thesis is his original work and it has previously formed the basis for the award to any candidate, for any degree, diploma associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

Station: Chennai

Date : 20 - 06 - 2022.



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AWARENESS OF MARTIAL ARTS AMONG STAKEHOLDERS OF HIGHER EDUCATION INSTITUTIONS

Thesis submitted to the Tamil Nadu Physical Education and Sports University, Chennai

For the Partial fulfillment of requirement for the award degree of

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Submitted by

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This thesis is her is original Work done and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me

Date :

27/6/2022


Dr. S VELKUMAR

Place: Chennai

Supervisor

ANALYSIS OF FIT INDIA MOVEMENT AMONG STAKE HOLDERS OF HIGHER EDUCATION INSTITUTIONS

Submitted to the Tamil Nadu Physical Education and Sports University, Chennai
in Partial the fulfillment of the requirement for the degree of

MASTER OF PHYSICAL EDUCATION

SUBMITTED BY

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This thesis is his original work and it has previously formed the basis for the award to any candidate, for any degree, diploma associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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Date: 27-6-2022

(Research Supervisor)

Dr.K.RAJESH KUMAR
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COMPARATIVE STUDY OF CORE AND LEG STRENGTH BETWEEN SPRINTERS AND MIDDLE DISTANCE RUNNERS

Thesis submitted to the Department of Physical education, Tamil Nadu Physical Education and Sports University, Chennai for the partial fulfillment of the requirement for the degree of

MASTER OF PHYSICAL EDUCATION

Submitted by

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TAMIL NADU PHYSICAL EDUCATION
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MAY - 2022

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This thesis is his original work and it has not previously formed the basis for the award of any degree / diploma / associate ship / fellowship or other title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.

Head of the Department

Date: 18.6.2022

Place: Chennai


Dr.C.LAKSHMANAN

Research Supervisor

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Tamilnadu Physical Education and Sports University
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**COMPARISON OF FORCED EXPIRATORY VOLUME AND CARDIO VASCULAR
ENDURANCE BETWEEN KHO-KHO PLAYERS AND HOCKEY PLAYERS**

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

MASTER

OF

PHYSICAL EDUCATION

SUBMITTED BY

V. VIBIN JEYA KUMAR

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This is to certify that the thesis entitled “**COMPARISON OF FORCED EXPIRATORY VOLUME AND CARDIOVASCULAR ENDURANCE BETWEEN KHO-KHO PLAYERS AND HOCKEY PLAYERS**” is a record of research work done by **V.VIBIN JEYA KUMAR** a student of Master of Physical Education. Tamil Nadu Physical Education and Sports University, Chennai-127 during the year 2020-2022.

This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of candidate but for the general guidance by me.

Station : Chennai


Dr. K. RAJESH KUMAR

SUPERVISOR

Date : 27-6-2022 .

**RELATIONSHIP OF AGILITY COORDINATION ENDURANCE AND SPEED WITH
PLAYING ABILITY AMONG WOMEN CRICKET PLAYERS**

Thesis Submitted to the Department of Physical Education, Tamil Nadu Physical
Education and Sports University Chennai for the

Partial fulfillment of the requirement for the degree of

MASTER OF PHYSICAL EDUCATION

Submitted by

E.UMAMAGESWARI

(REG. NO: 20205102033)

Under the Guidance of

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DEPARTMENT OF PHYSICAL EDUCATION

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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This is to certify that the dissertation entitled “**RELATIONSHIP OF AGILITY COORDINATION ENDURANCE AND SPEED WITH PLAYING ABILITY AMONG WOMEN CRICKET PLAYERS**” is a record of Research work done by **E.UMAMAGESWARI (REG. NO: 20205102033)**, a regular scholar of Master of Physical Education in the **Department Of Physical Education Tamilnadu Physical Education And Sports University, Chennai** during the year 2020-2022.

This dissertation in his original work and it has not previously formed the basis for the award, to any candidate of any degree, diploma, associate ship or other similar titles. This dissertation represents entirely an independent work on the part of the candidate, but the general guidance by me.

Place: CHENNAI

Date : 23 / 06 / 22


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COMPARISON OF PHYSICAL FITNESS VARIABLES OF CRICKET AND HOCKEY PLAYERS

*Thesis Submitted to the Tamil Nadu Physical Education and Sports
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the award degree of*

MASTER OF PHYSICAL EDUCATION

SUBMITTED BY

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This is to certify that the thesis entitled "**COMPARISON OF PHYSICAL FITNESS VARIABLES OF CRICKET AND HOCKEY PLAYERS**" is a record of research work done by **A.SILAMBARASAN** , a student of Master of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai-127 during the year 2020-2022. This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship or other similar title. This thesis represents, entirely an independent work on the part of candidate but for the general guidance by me.

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COMPARATIVE OF LEG EXPLOSIVE POWER AND ARM STRENGTH BETWEEN MEN FOOTBALL AND HANDBALL PLAYERS

Thesis Submitted to the Tamil Nadu Physical Education and Sports University, Chennai for the Partial fulfillment of the requirement for the award degree of

MASTER OF PHYSICAL EDUCATION

SUBMITTED BY

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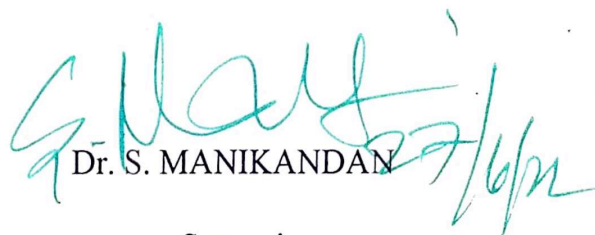
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This is to certify that the thesis entitled“ **COMPARATIVE OF LEG EXPLOSIVE POWER AND ARM STRENGTH BETWEEN MEN FOOTBALL AND HANDBALL PLAYERS**” is a record of research work done by **R. SENTHIL KUMAR**, a student of Master of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai-127 during the year 2021-2022.

This thesis is his original work done and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar title. This thesis represents, entirely an independent work on the part of candidate but for the general guidance by me.

Station: Chennai

Date: 27/6/22


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Professor & Head

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**RELATIONSHIP BETWEEN VERTICAL JUMPING
ABILITY AND SELECTED BASKETBALL SKILLS AMONG
INTERCOLLEGIATE LEVEL BASKETBALL PLAYERS**

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

**MASTER
OF
PHYSICAL EDUCATION**

Submitted

By

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CERTIFICATE BY THE SUPERVISOR

This is to certify that the thesis entitled **"RELATIONSHIP BETWEEN VERTICAL JUMPING ABILITY AND SELECTED BASKETBALL SKILLS AMONG INTERCOLLEGIATE LEVEL BASKETBALL PLAYERS"** is a record of research work done by **Mr.T.SELVAKUMAR** a Student Master of Physical Education in the Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year of 2020-2022.

This thesis is his original work and it has previously formed the basis for the award to any candidate, for any degree, diploma associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

Place: Chennai

Date: 15/6/22



Dr. S.THIRUMALAI KUMAR

Dr. S. THIRUMALAI KUMAR
 (Research supervisor)
 Professor

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 Chennai - 600 127

**COMPARATIVE STUDY OF STRENGTH PARAMETER BETWEEN HANDBALL
AND BASKETBALL MALE PLAYERS**

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

**MASTER
OF
PHYSICAL EDUCATION**

Submitted

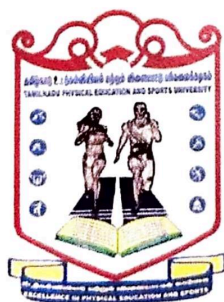
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This is to certify that the thesis entitled “**COMPARATIVE STUDY OF STRENGTH PARAMETER BETWEEN HANDBALL AND BASKETBALL MALE PLAYERS**” is a record of research work done by **Mr. R. SATHISH** a Student Master of Physical Education in the Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year of 2020-2022.

This thesis is his original work and it has previously formed the basis for the award to any candidate, for any degree, diploma associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

Place: Chennai

Date:


Dr. S.JAYA KUMAR

Research supervisor

**COMPARATIVE ANALYSIS OF SELECTED PHYSIOLOGICAL
VARIABLES AMONG COLLEGE MEN KABADDI AND
KHO-KHO PLAYERS**

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

**MASTER
OF
PHYSICAL EDUCATION**

Submitted by

**J.SADHASIVAM
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This is to certify that the thesis entitle "COMPARATIVE ANALYSIS OF SELECTED PHYSIOLOGICAL VARIABLES AMONG COLLEGE MEN KABADDI AND KHO-KHO PLAYERS' is record of research work done by **J.SADHASIVAM** a student of Master of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2020-2022.

This thesis is his original work and it has it has previously formed the basis for the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

STATION: CHENNAI

DATE: 15.6.22


Dr.I.LILLYPUSHPAM

(Supervisor)

**COMPARATIVE ANALYSIS OF COORDINATIVE ABILITIES
BETWEEN FOOTBALL AND HOCKEY PLAYERS IN COLLEGE**

*Dissertation Submitted to the
Tamil Nadu Physical Education and Sports University, Chennai
in partial fulfilment of the requirement for the degree of*

MASTER OF PHYSICAL EDUCATION

Submitted by

ROOPAVATHI. S

(Reg.Number : 20205102024)

Under the Supervision of

Dr. S. JAYAKUMAR



**DEPARTMENT OF PHYSICAL EDUCATION
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MAY-2022**

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Assistant Professor,

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CERTIFICATE

This is to certify that the dissertation entitled "**COMPARATIVE ANALYSIS OF COORDINATIVE ABILITIES BETWEEN FOOTBALL AND HOCKEY PLAYERS IN COLLEGE**" submitted for the Degree of Master of Education to the TamilNadu Physical Education and Sports University, Chennai is a record of bonafide research work carried out by **Miss. S. Roopavathi** under my supervision and that it has not been previously formed the basis for award of any degree, diploma, associate, fellowship of any University / Institution.

Place: Chennai

Date :


Signature of the Guide

Counter signed

Head

**RELATIONSHIP OF AGILITY CARDIOVASCULAR ENDURANCE
SPEED WITH PLAYING ABILITY WOMEN
KHO KHO PLAYERS**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University Chennai for the approval
to pursue the degree of

MASTER

OF

PHYSICAL EDUCATION

Submitted by

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**DEPARTMENT OF PHYSICAL EDUCATION
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This is to certify that the dissertation entitled “**RELATIONSHIP OF AGILITY CARDIOVASCULAR ENDURANCE SPEED WITH PLAYING ABILITY WOMEN KHO KHO PLAYERS**” is a record of Research work done by **K.PRIYADHARSHINI** , a regular scholar of Master of Physical Education in the **Department of Physical education , Tamilnadu Physical Education and Sports university, Chennai** during the year 2020-2022. This dissertation in his original work and it has not previously formed the basis for ~~the~~ award, to any candidate of any degree, diploma, associate ship or other similar titles. This dissertation represents entirely an independent work on the part of the candidate, but the general guidance by me.

Place : CHENNAI

Date : 21-06-2022


(Dr. C. LAKSHMANAN)

SUPERVISORS

Dr.C. LAKSHMANAN, Ph.D.,
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Melakkottaiyur (Post),
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iii

**STUDY OF SLEEP QUALITY AND PERFORMANCE IN PHYSICAL EDUCATION
STUDENTS**

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

**MASTER
OF
PHYSICAL EDUCATION**

SUBMITTED BY

A. SUBASHARAVINDHAN

Reg.No:20205102032

UNDER THE GUIDANCE OF

Dr. S. MANIKANDAN

Professor and Head



DEPARTMENT OF PHYSICAL EDUCATION

TAMIL NADU PHYSICAL EDUCATION

AND SPORTS UNIVERSITY

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JUNE 2022

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Chennai - 600 127.

CERTIFICATE BY THE SUPERVISOR

This is to certify that the thesis entitled **“STUDY OF SLEEP QUALITY AND PERFORMANCE IN PHYSICAL EDUCATION STUDENTS”** is a record of research work done by **A. SUBASHARAVINDHAN** a student of Master of Physical Education. Tamil Nadu Physical Educational and Sports University, Chennai-127 during the year 2020-2022.

This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of candidate but for the general guidance by me.

Station: Chennai

Dr. S. MANIKANDAN

SUPERVISOR

Date :

COMPARATIVE ANALYSIS OF SELECTED CARDIOVASCULAR ENDURANCE AND AGILITY VARIABLES OF KHO-KHO AND KABADDI PLAYERS

*Thesis Submitted to the Tamil Nadu Physical Education and Sports
University, Chennai for the Partial fulfillment of the requirement for
the award degree of*

MASTER OF PHYSICAL EDUCATION

SUBMITTED BY

V. VIGNESH

(Reg.No:20205102036)

GUIDED BY

Dr. S. MANIKANDAN



**DEPARTMENT OF PHYSICAL EDUCATION
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UNIVERSITY
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June - 2022

Dr. S. MANIKANDAN

Department of Physical Education,

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CERTIFICATE BY THE SUPERVISOR

This is to certify that the thesis entitled“ **COMPARATIVE ANALYSIS OF SELECTED CARDIOVASCULAR ENDURANCE AND AGILITY VARIABLES OF KHO-KHO AND KABADDI PLAYERS**”is a record of research work done by **V. VIGNESH**, a student of Master of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai-127 during the year 2020-2022. This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship or other similar title. This thesis represents, entirely an independent work on the part of candidate but for the general guidance by me.

Station: Chennai

Date:

Dr. S. MANIKANDAN

Supervisor

**EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL
VARIABLES AMONG HOME MAKERS IN STRESS**

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

**MASTER OF SCIENCE
IN
YOGA AND NATUROPATHY (LE)**

Submitted by

**M. VIDHYA BHAVANI
(DE162901116003)**

Under the guidance of

Dr. V. DURAISAMI



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This thesis is her original work done and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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**EFFECT OF YOGIC PRACTICES ON SELECTED PSYCHOLOGICAL
VARIABLES AMONG MEN SUFFERING IN INSOMNIA**

*Thesis submitted to the Tamil Nadu Physical Education and Sports University,
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This thesis is his original work done and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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**EFFECT OF YOGIC PRACTICES ON SELECTED BIO-CHEMICAL
VARIABLES AMONG MIDDLE AGED HYPERTENSIVE WOMEN**

*This is Submitted to the Tamil Nadu Physical Education and Sports University,
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**EFFECT OF SURYANAMASKAR AND YOGA NIDRA PRACTICES ON
SELECTED PHYSICAL FITNESS VARIABLES AMONG OBESE SCHOOL
BOYS**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University for the
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ii

**EFFECT OF YOGIC PRACTICES ON SELECTED PSYCHOLOGICAL
VARIABLES AMONG MENOPAUSAL WOMEN**

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**EFFECT OF YOGA THERAPY ON SELECTED PHYSIOLOGICAL
VARIABLES AMONG MIDDLE AGED OBESE MEN**

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**MASTER OF SCIENCE
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This dissertation is her original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This dissertation represents, entirely an independent works on the part of the candidate but for the general guidance by me.

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**EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL
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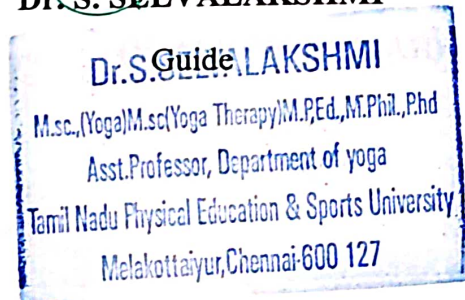
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**EFFECT OF YOGIC PRACTICES ON FEAR OF MISSING OUT AND DAILY
HASSLES AND UPLIFT AMONG TRANSWOMEN**

Thesis submitted to the Tamil Nadu Physical Education and sports
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**EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES
AMONG OLD AGED HYPERTENSIVE WOMEN**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University for the partial
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EFFECT OF SURYA NAMASKAR WITH KAYAKALPHA PRACTICES ON SELECTED

RISK FACTORS AMONG STRESSED COLLEGE BOYS

**Thesis Submitted to the Tamil Nadu Physical Education and Sports
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MASTER OF SCIENCE

IN

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**EFFECT OF YOGA THERAPY ON SELECTED PHYSIOLOGICAL AND
PSYCHOLOGICAL VARIABLES AMONG MATRICULATION
SCHOOL WOMEN TEACHERS
THESIS**

**Submitted to the Tamil Nadu Physical Education and Sports University, Chennai for
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**MASTER OF SCIENCE
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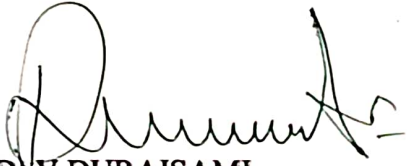
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This thesis is his original work done and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents entirely an independent work on the part of the candidate but for the general guidance by me.

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**EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL
VARIABLES AMONG PCOD SUFFERER**

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**EFFECT OF YOGI PRACTICES ON PSYCHOLOGICAL VARIABLES
AMONG EMPLOYED FEMALE IT PROFESSIONALS**

Thesis submitted to the Tamil Nadu Physical Education and Sports University,
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**EFFECT OF YOGIC PRACTICES ON SELECTED RISK FACTORS AMONG
OBESE ADOLCENT COLLEGE BOYS**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University for the partial
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**EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES
AMONG OBESE COLLEGE GIRLS**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University for the partial
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**EFFECT OF YOGIC PRACTICES ON SELECTED RISK FACTORS AMONG
MEN SUFFERED WITH CERVICAL SPONDYLOSIS PROBLEM**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University for the
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**EFFECT OF YOGIC PRACTICES ON SELECTED
PHYSIOLOGICAL VARIABLES AMONG OBESE
ENGINEERING GRADUATES**

**Thesis Submitted to Tamil Nadu Physical Education and Sports University,
Chennai for award of degree of**

**MASTER OF SCIENCE
IN
YOGA**

Submitted By

VIGNESH T

Reg No: 20205206012

Guided by

Dr. (Mrs.).S.SELVALAKSHMI



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This is to certify that the thesis entitled “EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES AMONG OBESE ENGINEERING GRADUATES” is a record of research work done by **VIGNESH T** candidate of Master of Science in Yoga, in the Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai during the year 2020-2022.

This thesis is original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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**EFFECT OF YOGIC PRACTICES ON SELECTED PSYCHOLOGICAL
VARIABLES AMONG WOMEN INFORMATION TECHNOLOGY
PROFESSIONALS WITH SLEEP DISORDERS**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University
Chennai for award of the Degree of

**MASTER OF SCIENCE
IN
YOGA THERAPY**

Submitted by
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This thesis is her original work; it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship or other similar titles. This thesis represents entirely an independent work on the part of the candidate but for the general guidance by me.

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**COMPARISON OF EMOTIONAL INTELLIGENCE AND
MENTAL HEALTH AMONG HIGH AND HIGHER
SECONDARY SCHOOL BOYS**

Thesis Submitted to the Tamil Nadu Physical Education and sports University Chennai
for award of the degree of

MASTER OF SCIENCE

IN

YOGA

Submitted by

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This thesis is his original work done and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents entirely an independent work on the part of the candidate but for the general guidance by me.

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**EFFECT OF YOGIC PRACTICES ON SELECTED RISK FACTORS AMONG
OBESE ADOLCENT COLLEGE BOYS**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University for the partial
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**MASTER OF SCIENCE
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Submitted by

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This is to certify that the thesis entitled "EFFECT OF YOGIC PRACTICES ON SELECTED RISK FACTORS AMONG OBESE ADOLCENT COLLEGE BOYS " is a record of research work done by SARAVANAN. K.P. a student of Master of Science in Yoga [I.E] Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai during the year 2016 – 2022.

This thesis is his original work done it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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**EFFECT OF YOGA ON SELECTED BIOCHEMICAL VARIABLES AMONG
WOMEN HAVING IRREGULAR MENSTRUATION**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University for the
partial fulfillment of the requirements for the Degree of

**MASTER OF SCIENCE
IN
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This thesis is her original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship or these similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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**COMPARATIVE ANALYSIS OF SHOULDER AND LEG EXPLOSIVE POWER
BETWEEN VOLLEYBALL AND BEACH VOLLEYBALL PLAYERS**

Thesis submitted to Tamil Nadu Physical Education and Sports University, Chennai
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This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.



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COMPARATIVE ANALYSIS OF FITNESS COMPONENTS BETWEEN VOLLEYBALL AND BASKETBALL PLAYERS

Thesis submitted to the Department of Physical Education, Tamil Nadu
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the requirements for the degree of

MASTER OF PHYSICAL EDUCATION

Submitted by

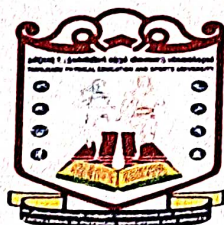
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This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.

Date :09-06-2021

Place : Chennai


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**RELATIONSHIP BETWEEN SELECTED PSYCHOMOTOR VARIABLES
AND PLAYING ABILITY IN HANDBALL PLAYERS**

Thesis submitted to the Tamil Nadu Physical Education and Sports University,
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for the award of degree of

MASTER OF PHYSICAL EDUCATION

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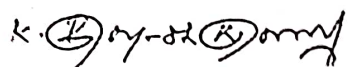
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This is to certify that the thesis entitled “**RELATIONSHIP BETWEEN SELECTED PSYCHOMOTOR VARIABLES AND PLAYING ABILITY IN HANDBALL PLAYERS**” is a record of research work done by **M.KRISHNA KUMAR**, a student of Master of Physical Education in Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2019-2021.

This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associate ship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.

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COMPARATIVE ANALYSIS OF MOTOR FITNESS VARIABLES AMONG OFFENSIVE AND DEFENSIVE KABADDI PLAYERS

Thesis submitted to the Tamil Nadu Physical Education and Sports University,
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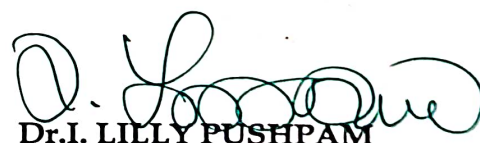
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This is to certify that the thesis entitled "COMPARATIVE ANALYSIS OF MOTOR FITNESS VARIABLES AMONG OFFENSIVE AND DEFENSIVE KABADDI PLAYERS" is a record of research work done by Mrs. P.MYTHILI , a student of master of physical education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2019-2021.

This thesis is her original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This dissertation represents, entirely and independent work on the part of the candidate but for the general guidance by me.

Station: Chennai

Date : 06.07.2021



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COMPARATIVE STUDY OF AEROBIC AND ANAEROBIC POWER BETWEEN HOCKEY AND FOOTBALL PLAYERS

RESEARCH PROPOSAL

Submitted to the Tamil Nadu Education and Sports University Chennai
in Partial fulfillment of the requirement for the degree of

MASTER OF PHYSICAL EDUCATION

SUBMITTED BY

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This is to certify that the thesis entitled “COMPARATIVE STUDY OF AEROBIC AND ANAEROBIC POWER BETWEEN HOCKEY AND FOOTBALL PLAYERS” is a record of research work done by the candidate **Mr.S.Vikram** for the award of the degree of **Master of Physical Education** during the period of **2018-2020** under my guidance and that this thesis has not been previously formed the basis for the award of any degree, diploma, fellowship, associateship or any other similar title. This is to certify that the thesis represents the individual work of the candidate.

Signature of the Guide



Place:

Date:

Dr.P.KUMARAVELU. Ph.D

**RELATIONSHIP OF LEVEL OF STRESS AND ANXIETY WITH GOAL
KEEPING ABILITY OF INTER COLLEGIATE WOMEN HOCKEY
GOAL KEEPERS**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University Chennai in Partial
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This is to certify that the thesis entitled **“RELATIONSHIP OF LEVEL OF STRESS AND ANXIETY WITH GOALKEEPING ABILITY OF INTER COLLEGIATE WOMEN HOCKEY GOALKEEPERS”** is a record of research work done by **B. GAYATHRI** a student of Master of Physical Education. Tamil Nadu Physical Education and Sports University, Chennai-127 during the year 2019-2021.

This thesis is him original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of candidate but for the general guidance by me.

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**COMPARATIVE ANALYSIS OF MOTOR FITNESS AND
PHYSIOLOGICAL VARIABLES BETWEEN MEN
KHO-KHO AND KABADDI PLAYERS**

*Thesis Submitted to the Tamil Nadu Physical Education and Sports University
Chennai in Partial fulfilment of the requirement for the degree of*

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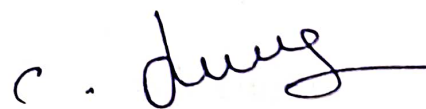
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This is to certify that the thesis entitled “COMPARATIVE ANALYSIS OF MOTOR FITNESS AND PHYSIOLOGICAL VARIABLES BETWEEN MEN KHO-KHO AND KABADDI PLAYERS” is a record of research work done by M. GOKUL, a student of Master of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai-127 during the year 2019-2021. This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship or other similar title. This thesis represents, entirely an independent work on the part of candidate but for the general guidance by me.

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**COMPARISON OF CORE STABILITY BETWEEN VILLAGE LEVEL FAST
BOWLERS AND CLUB LEVEL FAST BOWLERS**

Thesis submitted to the Tamil Nadu Physical Education and Sports University,
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Submitted by

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This is to certify that the thesis entitled “COMPARISON OF CORE STABILITY BETWEEN VILLAGE LEVEL FAST BOWLERS AND CLUB LEVEL FAST BOWLERS” is a record of research work done by J.NICKSON RAJ, a student of Master of Physical Education in Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2019-2021.

This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associate ship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.

Jaya Kumar S

Date: 26 - 06 - 2021

Place: Chennai

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COMPARATIVE STUDY OF LEG STRENGTH AMONG MIDDLE DISTANCE AND SPRINTERS FOR COLLEGE LEVEL MEN

Submitted to the Tamil Nadu Physical Education and Sports University
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**MASTER
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Submitted

By

S. JEGANATHAN

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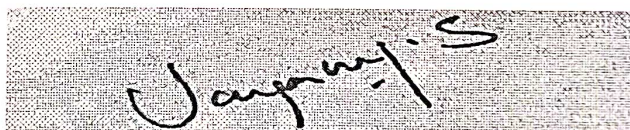
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This thesis is his original work done and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me

Date:

Dr. S. JAYAKUMAR



Station: Chennai

Supervisor

**COMPARATIVE STUDY ON SELECTED PSYCHOLOGICAL
VARIABLES AMONG HOCKEY PLAYERS WITH
DIFFERENT POSITIONS OF PLAY**

Thesis submitted to the Department of Physical Education, Tamil Nadu Physical
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Submitted by

P.BARATH

Roll. No: 20195102003

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May- 2021

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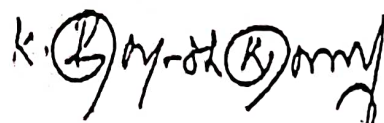
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Tamil Nadu Physical Education and Sports University, Chennai- 600127

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This is to certify that the thesis entitled “**COMPARATIVE STUDY ON SELECTED PSYCHOLOGICAL VARIABLES AMONGHOCKEY PLAYERS WITH DIFFERENT POSITIONS OF PLAY**” is a record of research work done by **P.BARATH**, a student of Master of Physical Education in Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2019-2021.

This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.



Dr. K.RAJESHKUMAR

Head of the Department

Research Supervisor

Date :

Place:

ANALYSIS OF DIFFERENT SHOOTING PERFORMANCE OF VARIOUS PLAYING POSITION OF HANDBALL PLAYERS

*Thesis submitted to the Tamil Nadu Physical Education and Sports University,
Chennai, for the Partial Fulfillment of the requirement
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MASTER
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This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This dissertation represents, entirely and independent work on the part of the candidate but for the general guidance by me.

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**RELATIONSHIP OF LEVEL OF STRESS AND ANXIETY WITH GOAL
KEEPING ABILITY OF INTER COLLEGIATE WOMEN HOCKEY
GOAL KEEPERS**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University Chennai in Partial
fulfillment of the requirement for the award of degree

MASTER OF PHYSICAL EDUCATION

Submitted by

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JUNE 2021

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This is to certify that the thesis entitled "**RELATIONSHIP OF LEVEL OF STRESS AND ANXIETY WITH GOALKEEPING ABILITY OF INTER COLLEGIATE WOMEN HOCKEY GOALKEEPERS**" is a record of research work done by **B. GAYATHRI** a student of Master of Physical Education. Tamil Nadu Physical Education and Sports University, Chennai-127 during the year 2019-2021.

This thesis is him original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of candidate but for the general guidance by me.

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Date: 05/07/2021



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ANALYSIS OF TIME OUT AND SUBSTITUTION IN OPEN VOLLEYBALL TOURNAMENT

*Thesis submitted to the Tamil Nadu Physical Education and Sports University,
Chennai, for the Partial Fulfillment of the requirement*

For the Degree of

MASTER

OF

PHYSICAL EDUCATION

Submitted by

J.NAVEEN KUMAR

Reg.No.20195102017

Under the Guidance of

Dr. S. THIRUMALAI KUMAR



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JUNE-2021.

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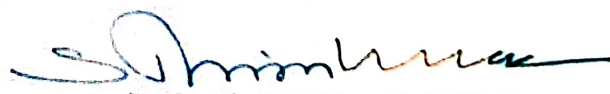
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This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This dissertation represents, entirely and independent work on the part of the candidate but for the general guidance by me.


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**COMPARATIVE STUDY OF SELECTED PHYSICAL FITNESS VARIABLES
AMONG COLLEGE MEN CRICKET AND HOCKEY PLAYERS**

Submitted to the Tamil Nadu Physical Education and Sports University
Chennai for the approval to pursue the degree of

**MASTER
OF
PHYSICAL EDUCATION**

Submitted

By

R. RAMANUJAM

(REG. NO: 20195102028)

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This thesis is his original work done and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

Date:

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COMPARISON OF BODYMASS INDEX BETWEEN MEN HANDBALL AND FOOTBALL PLAYERS

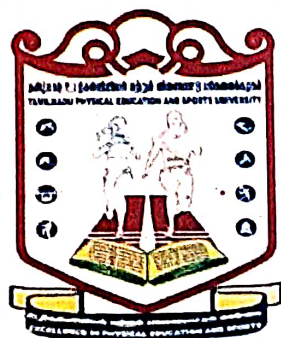
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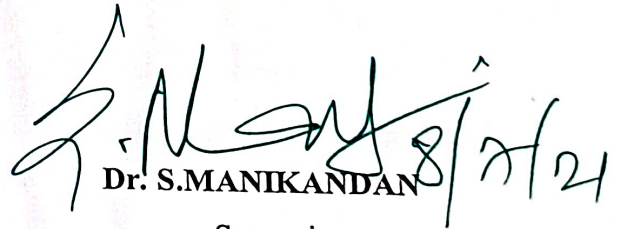
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This is to certify that the thesis entitled "**COMPARISON OF BODYMASS INDEX BETWEEN MEN HANDBALL AND FOOTBALL PLAYERS**" is a record of research work done by **Mr. B. K. BERIS KAPOOR**, a student of master of physical education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2019-2021.

This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This dissertation represents, entirely and independent work on the part of the candidate but for the general guidance by me.

Station: Chennai

Date : 8/7/21


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**EFFECT OF TRAINING ON CRICKET FITNESS AND SKILL PERFORMANCE OF
CRICKET PLAYERS UNDER TALENT HUNT PROGRAMME**

Submitted to the Tamil Nadu Physical Education and Sports University
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**MASTER
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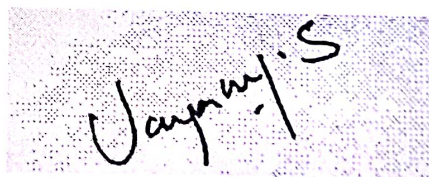
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This is to certify that the thesis entitled “comparative study of leg strength among middle distance and sprinters for college level men” is a record of research work done by **S.BAVEEN KUMAR**, student of Master of physical education, Department of physical education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2019 – 2021.

This thesis is his original work done and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.



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Station: Chennai

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RELATIONSHIP BETWEEN SELECTED MOTOR FITNESS VARIABLES AND PLAYING ABILITY AMONG COLLEGE FOOTBALL PLAYERS

Thesis submitted to the Tamil Nadu Physical Education and Sports University,
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This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This dissertation represents, entirely and independent work on the part of the candidate but for the general guidance by me.

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**ANALYSIS OF METHOD OF SECURING POINTS IN DPE – TNPESU KABADDI
ROLLING TROPHY 2020-21**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University
Chennai in Partial fulfilment of the requirement for the degree of

MASTER OF PHYSICAL EDUCATION

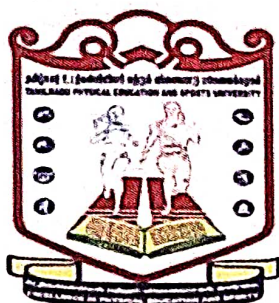
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**COMPARITIVE ANALYSIS ON BATTING VARIABLES
BETWEEN STATE LEVEL CRICKETERS**

Thesis submitted to the Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai for the partial fulfillment of the requirements for the degree of

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This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.


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Dr.S.MANIKANDAN

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Place:

**COMPARATIVE STUDY ON PHYSICAL FITNESS CHARACTERISTICS
BETWEEN UNIVERSITY AND INTERCOLLEGIATE
CRICKET PLAYERS**

Thesis submitted to the Department of Physical Education, Tamil Nadu Physical
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Submitted by

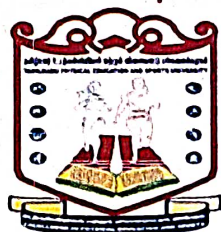
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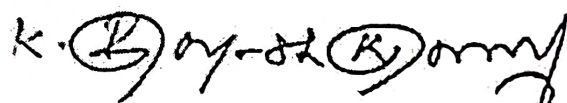
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**COMPARATIVE STUDY OF SELECTED ANTHROPOMETRIC
MOTOR FITNESS VARIABLES AMONG CRICKET
AND TENNIS PLAYERS**

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This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.


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**COMPARISON OF LEG EXPLOSIVE POWER AND ARM STRENGTH
BETWEEN MEN BASKETBALL AND HANDBALL PLAYERS**

Thesis submitted to the Tamil Nadu Physical Education and Sports
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This thesis is his original work done and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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COMPARATIVE ANALYSIS OF FITNESS COMPONENTS BETWEEN VOLLEYBALL AND BASKETBALL PLAYERS

Thesis submitted to the Department of Physical Education, Tamil Nadu
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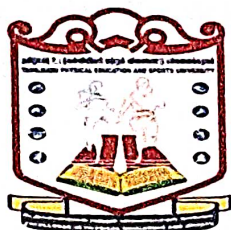
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**COMPARATIVE ANALYSIS OF SHOULDER AND LEG EXPLOSIVE POWER
BETWEEN VOLLEYBALL AND BEACH VOLLEYBALL PLAYERS**

Thesis submitted to Tamil Nadu Physical Education and Sports University, Chennai
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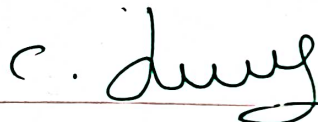
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This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.


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RELATIONSHIP BETWEEN SELECTED ANTHROPOMETRIC AND MOTOR FITNESS VARIABLES WITH PLAYING ABILITY

Thesis submitted to the Tamil Nadu Physical Education and Sports University, Chennai for
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This thesis is his original work done and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

Date:

13/07/2021

Place : Chennai


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**COMPARATIVE ANALYSIS OF PHYSICAL FITNESS VARIABLES AMONG
COLLEGE MEN KABADDI AND KHO-KHO PLAYERS**

Thesis submitted to the Department of Physical Education, Tamil Nadu Physical
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PHYSICAL EDUCATION**

Submitted by

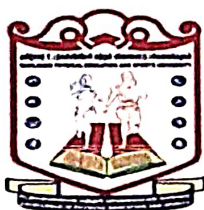
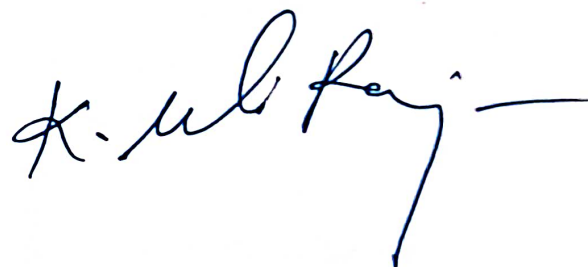
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This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This thesis represents entirely an independent work on the part of the candidate but for the general guidance by me.


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Date : 06.07.2021

Place Chennai

**CONTRIBUTION OF NORTH MADRAS TOWARDS DEVELOPMENT AND
PROMOTION OF FOOTBALL**

RESEARCH PROPOSAL

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Date 9/7/2021

Place

COMPARATIVE STUDY ON SELECTED STRENGTH PARAMETERS BETWEEN VOLLEYBALL AND BASKETBALL PLAYERS

Thesis Submitted to the Tamil Nadu Physical Education and Sports University
Chennai for the Partial Fulfillment of the requirement for the degree of

**MASTER
OF
PHYSICAL EDUCATION**

Submitted

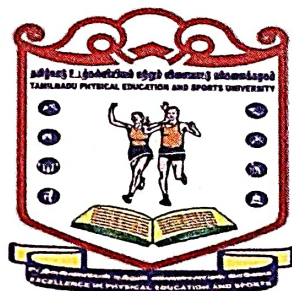
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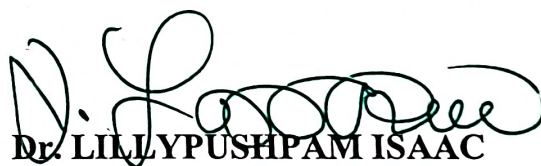
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CERTIFICATE BY THE SUPERVISOR

This is to certify that the thesis entitled “**COMPARATIVE STUDY ON SELECTED STRENGTH PARAMETERS BETWEEN VOLLEYBALL AND BASKETBALL PLAYERS**” is a record of research work done by **S.BHARATHUVARAJ**, a student of Master of Physical Education in Department of Physical Education, Tamil Nadu Physical Education And Sports University, Chennai during the year 2019-2021.

This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.


Dr. LILLYPUSHPAM ISAAC

Research Supervisor

Date: 06.07-2021

Place: Chennai

**COMPARATIVE STUDY ON ARM STRENGTH AND LEG EXPLOSIVE
POWER BETWEEN COLLEGE LEVEL BASKETBALL AND HANDBALL
PLAYERS**

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

MASTER

OF

PHYSICAL EDUCATION

Submitted By

J ARUN

(Reg.no. 20195102002)

Under the guidance of

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This thesis is his original work done and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

Date: 06.07.2021

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A COMPARATIVE STUDY OF PSYCHOLOGICAL AND ANTHROPOMETRIC VARIABLES ON WEIGHTLIFTERS

Thesis Submitted to the Tamil Nadu Education and Sports University Chennai in for the
Partial fulfillment of the requirement for the degree of
MASTER OF PHYSICAL EDUCATION

SUBMITTED BY

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UNDER THE GUIDANCE OF

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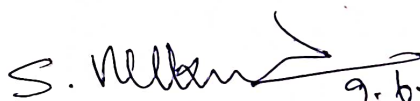
CERTIFICATE BY THE SUPERVISOR

This is certify that thesis entitled “A Comparative Study Of Psychological And Anthropometric Variable On Weight lifters” is a record of research work done by **A.ARTCHANA** a student of Master of Physical Education. Tamil Nadu Physical Education and Sports University, Chennai – 600 127 during the year 2019-2021

This thesis is her original work and it has not previously formed the basis for the award to any candidate for any degree, diploma, associate ship or other similar titles. This thesis represent, entirely an independent work on the part of candidate but for the general guidance by guidance by me.

Station: Chennai

Date : 09-06-2021


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**COMPARATIVE STUDY OF PHYSICAL FITNESS
COMPONENTS BETWEEN INTER-COLLIGIATE CRICKET
AND TENNIS PLAYERS**

*Thesis Submitted to the Tamil Nadu Physical Education and Sports University
Chennai in Partial fulfilment of the requirement for the degree of*

MASTER OF PHYSICAL EDUCATION

SUBMITTED BY

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Station: Chennai

Date: 29.06.2021


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CONTRIBUTION OF PACHAIYAPPA'S COLLEGE CHENNAI TOWARDS PROMOTION OF HOCKEY

Thesis Submitted to the Tamil Nadu Physical Education and Sports University,
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MASTER OF PHYSICAL EDUCATION

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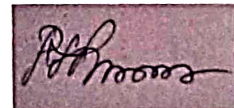
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This is to certify that the thesis entitled “**CONTRIBUTION OF PACHAIYAPPA’S COLLEGE CHENNAI TOWARDS PROMOTION OF HOCKEY**” is a record of research work done by **K.NIRMAL RAJ**, a student of Master of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai-127 during the year 2020-2022. This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar title. This thesis represents, entirely an independent work on the part of candidate but for the general guidance by me.

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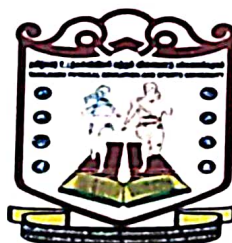
“COMPARISON OF SELECTED COORDINATIVE ABILITIES BETWEEN KABADDI AND KHO-KHO PLAYERS”

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

MASTER OF PHYSICAL EDUCATION

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This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associate ship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.

Date :07.10.2020

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COMPARATIVE ANALYSIS OF SHOULDER AND LEG EXPLOSIVE POWER BETWEEN VOLLEYBALL AND BEACH VOLLEYBALL PLAYERS

Thesis Submitted to the Tamil Nadu Physical Education and Sports University Chennai
for the partial fulfilment of the requirements for the award of degree of

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Submitted

By

D.NANDHA KUMARAN

REGISTER NUMBER: 20185102019

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CHENNAI-127

JANUARY - 2020

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This is to certify that the thesis Entitled COMPARATIVE ANALYSIS OF SHOULDER AND LEG EXPLOSIVE POWER BETWEEN VOLLEYBALL AND BEACH VOLLEYBALL PLAYERS is a record of research work done by D.NANDHA KUMARAN student of Master Of Physical Education, in the Department of Physical Education. Tamil Nadu Physical Education and Sports University, Chennai during the year 2018-2020. This thesis is her original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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Dr. P. KUMARAVELU

**COMPARISON OF PSYCHOLOGICAL PROFILES OF
COLLEGE LEVEL KABADDI PLAYERS OF
DIFFERENT PLAYING POSITION**

Thesis submitted to the Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai for the partial fulfillment of the requirements for the degree of

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This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.

Head of the Department

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**EFFECTS OF AEROBIC DANCE ON SELECTED PHYSICAL AND
PHYSIOLOGICAL VARIABLES OF SCHOOL GIRLS**

Thesis submitted to the Department of Physical Education, Tamil Nadu Physical
Education and Sports University, Chennai for the partial fulfillment
of the requirements for the degree of

MASTER OF PHYSICAL EDUCATION

Submitted by

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Under the guidance of

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Durai*

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Head of the Department

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Melakottaiyur Post, Chennai - 600 127.

**A STUDY ON RELATIONSHIP BETWEEN SELECTED
ANTHROPOMETRIC VARIABLES AND BACK HAND
SHORT SERVE PERFORMANCE IN BADMINTON**

Thesis submitted to the Department of Physical Education, Tamil Nadu
Physical Education and Sports University, Chennai for the partial fulfillment of
the requirements for the degree of

MASTER OF PHYSICAL EDUCATION

Submitted by

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This is to certify that the thesis entitled “A STUDY ON RELATIONSHIP BETWEEN SELECTED ANTHROPOMETRIC VARIABLES AND BACK HAND SHORT SERVE PERFORMANCE IN BADMINTON” is a record of research work done by **E. NAGARAJ**, a student of Master of Physical Education in Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2018-2020.

This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.


Head of the Department

Date :


Dr.S.MANIKANDAN, Ph.D.,

Research Supervisor

Place:

Professor & Head
Dept. of Physical Education
Tamilnadu Physical Education and Sports University
Melakottaiyur Post, Chennai - 600 127.

**COMPARITIVE ANALYSIS OF SPEED AGILITY AND BALANCE
BETWEEN CLUB LEVEL KABADDI AND
KHO KHO PLAYERS**

THESIS

Submitted to the Tamil Nadu Physical Education and Sports University
Chennai for the approval to pursue the degree of

**MASTER
OF
PHYSICAL EDUCATION**

Submitted

By

R. RAMAYAL

REGISTER NUMBER: 20185102023

Under the Guidance

Of

Dr.C.LAKSHMANAN.



DEPARTMENT OF PHYSICAL EDUCATION

TAMILNADU PHYSICAL EDUCATION AND

SPORTS UNIVERSITY

CHENNAI-127

JANUARY – 2020

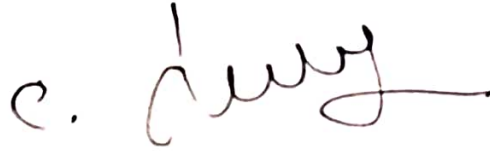
Dr C.LAKSHMANAN. M.P Ed., M.Sc(Yoga).,PGD(Yoga).,Ph.D
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CERTIFICATE BY THE SUPERVISOR

This is to certify that the thesis Entitled “**COMPARITIVE ANALYSIS OF SPEED, AGILITY AND BALANCE BETWEEN CLUB LEVEL KABADDI AND KHO KHO PLAYERS** ” is a record of research work done by R.RAMAYAL student of Master Of Physical Education, in the Department of Physical Education. Tamil Nadu Physical Education and Sports University, Chennai during the year 2018-2020. This thesis is her original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

Place: Chennai

Date :


Dr. C.LAKSHMANAN.

**COMPARATIVE ANALYSIS ON SELECTED STRENGTH ARAMETER
BETWEEN INTERCOLLGIATE MEN BASKETBALL AND
VOLLEYBALL PLAYERS**

Thesis submitted to the Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai for the partial fulfillment of the requirements for the degree of

MASTER OF PHYSICAL EDUCATION

Submitted by

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This is to certify that the thesis entitled “**COMPARATIVE ANALYSIS ON SELECTED STRENGTH PARAMETER BETWEEN INTERCOLLEGIATE MEN BASKETBALL AND VOLLEYBALL PLAYERS**” is a record of research work done by **A.EDWIN AROGAYARAJ**, a student of Master of Physical Education in Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2018-2020.

This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.



Dr.P.KUMARAVELU

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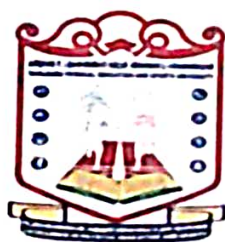
**COMPARATIVE STUDY ON SELECTED MOTOR FITNESS
VARIABLES BETWEEN INDIAN SUPER LEAGUE
AND I-LEAGUE FOOTBALL PLAYERS**

Thesis submitted to the Department of Physical Education, Tamil Nadu Physical
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This is to certify that the thesis entitled “**COMPARATIVE STUDY ON SELECTED MOTOR FITNESS VARIABLES BETWEEN INDIAN SUPER LEAGUE AND I-LEAGUE FOOTBALL PLAYERS**” is a record of research work done by **R.MANOJKUMAR**, a student of Master of Physical Education in Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2018-2020.

This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.


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Head of the Department

Research Supervisor

Date : 08-10-2020

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**RELATIONSHIP BETWEEN UPPER AND LOWER EXTREMITIES
WITH PERFORMANCE FACTORS AMONG COLLEGE LEVEL
SPRINTERS**

**Thesis Submitted to the Tamil Nadu Physical Education and Sports University,
Chennai for the partial fulfillment of the requirements for the degree of**

**MASTER
OF
PHYSICAL EDUCATION**

Submitted By

S. ARAVIND

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This is to certify that the thesis entitled **“RELATIONSHIP BETWEEN UPPER AND LOWER EXTREMITIES WITH PERFORMANCE FACTORS AMONG COLLEGE LEVEL SPRINTERS”**, is a record of research work done by **S. ARAVIND**, Student of Master of Physical Education, in the Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2018 – 2020.

This dissertation is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. The dissertation represents, entirely an independent work on the part of the candidate but the general guidance by me.

Station: Chennai

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**COMPARATIVE STUDY ON PHYSICAL FITNESS CHARACTERISTICS
BETWEEN UNIVERSITY AND INTERCOLLEGIATE
CRICKET PLAYERS**

Thesis submitted to the Department of Physical Education, Tamil Nadu Physical
Education and Sports University, Chennai for the partial fulfillment
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MASTER OF PHYSICAL EDUCATION

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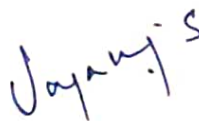
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This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.



Dr.S.JAYAKUMAR, Ph.D.,

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Place:

COMPARATIVE STUDY OF COORDINATIVE ABILITIES AMONG INTER COLLEGIATE KABADDI AND KHO-KHO PLAYERS

Thesis submitted to the Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai for the partial fulfillment of the requirements for the degree of

MASTER OF PHYSICAL EDUCATION

Submitted by

C. RAMKI

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June- 2020

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This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.



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COMPARATIVE ANALYSIS ON SELECTED MOTOR FITNESS VARIABLES BETWEEN KHO-KHO AND KABADDI PLAYERS

Thesis submitted to the Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai for the partial fulfillment of the requirements for the degree of

MASTER OF PHYSICAL EDUCATION

Submitted by

A.S.GODWIN

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Under the guidance of

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June- 2020

Dr.S.JAYAKUMAR, Ph.D.,

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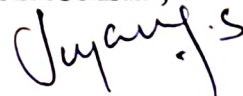
CERTIFICATE BY THE SUPERVISOR

This is to certify that the thesis entitled “**COMPARATIVE ANALYSIS ON SELECTED MOTOR FITNESS VARIABLES BETWEEN KHO-KHO AND KABADDI PLAYERS**” is a record of research work done by **A.S.GODWIN**, a student of Master of Physical Education in Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2018-2020.

This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.

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Date : 12/10/2020

Place: Chennai

**RELATIONSHIP BETWEEN SELECTED MOTOR FITNESS VARIABLES AND
PLAYING ABILITY AMONG SCHOOL FOOTBALL PLAYERS**

Thesis submitted to the Department of Physical Education, Tamil Nadu Physical
Education and Sports University, Chennai for the partial fulfillment
of the requirements for the degree of

MASTER OF PHYSICAL EDUCATION

Submitted by

S.ELANGO VAN

20185102007

Under the guidance of

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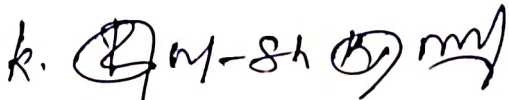
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**RELATIONSHIP BETWEEN SELECTED ANTHROPOMETRIC AND MOTOR
FITNESS VARIABLES WITH PLAYING ABILITY IN SOFTBALL**

Thesis submitted to Tamil Nadu Physical Education and Sports University, Chennai
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This thesis is her original work and it has previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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**A STUDY ON RELATIONSHIP BETWEEN SELECTED
ANTHROPOMETRIC VARIABLES AND BACK HAND
SHORT SERVE PERFORMANCE IN BADMINTON**

Thesis submitted to the Department of Physical Education, Tamil Nadu
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This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.


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COMPARATIVE ANALYSIS OF SHOULDER AND LEG EXPLOSIVE POWER BETWEEN VOLLEYBALL AND BEACH VOLLEYBALL PLAYERS

Thesis Submitted to the Tamil Nadu Physical Education and Sports University Chennai
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**RELATIONSHIP OF STRESS AND ANXIETY WITH GOAL KEEPING ABILITY
OF INTER UNIVERSITY WOMEN HOCKEY GOAL KEEPERS**

Thesis Submitted to the Tamil Nadu Education and Sports University Chennai in Partial
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COMPARATIVE STUDY ON FLEXIBILITY AND AGILITY BETWEEN HANDBALL GOALKEEPERS AND FOOTBALL GOALKEEPERS

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**ANALYSIS OF SOCIO-ECONOMIC STATUS AND MOTOR FITNESS
VARIABLES AMONG PLAYERS OF OPEN VOLLEYBALL
TOURNAMENTS**

Thesis submitted to the Tamil Nadu Physical Education and
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Date :07.10.2020

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**COMPARATIVE STUDY ON SELECTED MOTOR FITNESS
VARIABLES BETWEEN INDIAN SUPER LEAGUE
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Thesis submitted to the Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai for the partial fulfillment of the requirements for the degree of

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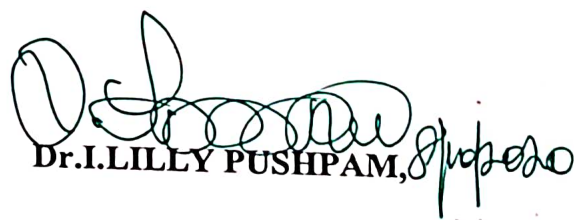
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**RELATIONSHIP OF STRESS AND ANXIETY WITH GOAL KEEPING ABILITY
OF INTER UNIVERSITY WOMEN HOCKEY GOAL KEEPERS**

Thesis Submitted to the Tamil Nadu Education and Sports University Chennai in Partial
fulfillment of the requirement for the degree of

MASTER OF PHYSICAL EDUCATION

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A. Perumal a student of Master of physical Education. Tamil Nadu Physical Educational and Sports University, Chennai-127 during the year 2018-2020.

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Date : 07/10/2020

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Supervisor

**COMPARISON OF MENTAL SKILL AND TEAM EFFECTIVENESS AMONG
PLAYERS WITH VARIOUS LEVELS OF ACHIEVEMENTS
IN INTER UNIVERSITY WOMEN HOCKEY
TOURNAMENT 2019 -2020**

Submitted to Tamil Nadu Physical Education and Sports University, Chennai

For the partial fulfillment of the requirement for the award of degree of

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OF

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Submitted by

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ANALYSIS OF BARRIERS OF RESISTANCE TRAINING AMONG COLLEGE LEVEL SPORTS WOMEN

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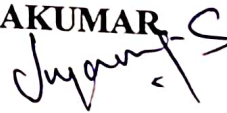
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RELATIONSHIP OF CO-ORDINATION ABILITY TO PLAYING ABILITY IN KABADDI

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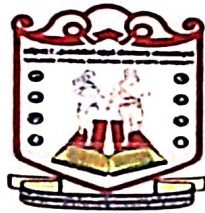
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This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.


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**CONTRIBUTION OF VALAYAMBATTU VILLAGE TOWARDS
DEVELOPMENT AND PROMOTION OF TENNIKOIT**

Thesis submitted to Tamil Nadu Physical Education and Sports University, Chennai
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Date: 14/10/2020


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**COMPARATIVE ANALYSIS OF CO-ORDINATION ABILITIES AND
PHYSICAL FITNESS VARIABLES BETWEEN INTER-COLLEGE LEVEL
KABADDI AND KHO-KHO MEN PLAYERS**

Thesis submitted to the Department of Physical Education, Tamil Nadu Physical
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Submitted by

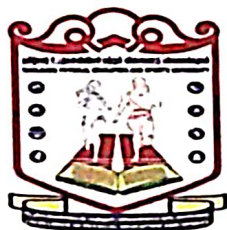
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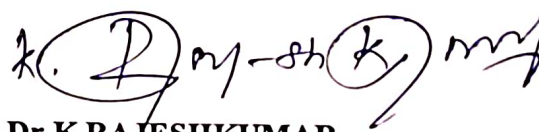
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This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.


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CHALLENGES FACED BY WOMEN INTER COLLEGIATE FOOTBALL PLAYERS DURING COMPETITION PERIOD

Thesis Submitted to the Tamil Nadu Physical Education and Sports University,
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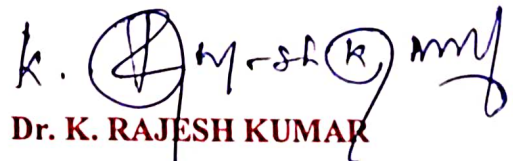
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**RELATIONSHIP BETWEEN SHOOTING ACCURACY AGILITY AND
PLAYING ABILITY INTER COLLEGIATE LEVEL WOMEN
HANDBALL PLAYERS**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University Chennai
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This is to certify that the thesis Entitled “**RELATIONSHIP BETWEEN SHOOTING ACCURACY AGILITY AND PLAYING ABILITY INTER COLLEGIATE LEVEL WOMEN HAND BALL PLAYERS** ” is a record of research work done by B.SUJITHA student of Master Of Physical Education, in the Department of Physical Education. Tamil Nadu Physical Education and Sports University, Chennai during the year 2018-2020. This thesis is her original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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**COMPARISON OF SELECTED PSYCHOLOGICAL VARIABLES
BETWEEN INTER COLLEGIATE KABADDI AND
KHO KHO WOMEN PLAYERS**

THESIS

Submitted to the Tamil Nadu Physical Education and Sports University
Chennai for the approval to pursue the degree of

**MASTER
OF
PHYSICAL EDUCATION**

Submitted

By

R. LAKSHMI

REGISTER NUMBER: 20185102014

Under the Guidance

Of

Dr.P.KUMARAVELU



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**ANALYSIS OF SELECTED ANTHROPOMETRIC AND PHYSICAL
FITNESS VARIABLES AMONG INTER COLLEGE LEVEL
MEN VOLLEYBALL PLAYERS**

Thesis submitted to the Department of Physical Education, Tamil Nadu Physical
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of the requirements for the degree of

MASTER OF PHYSICAL EDUCATION

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This thesis is his original work and it has not previously formed on the basis for the award to any degree / diploma / associateship / fellowship or other similar title. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.



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**EFFECT OF YOGA THERAPY WITH VARMA AND HERBAL ON SELECTED BIO -
CHEMICAL VARIABLES AMONG PRE MENSTRUATION COLLEGE GIRLS**

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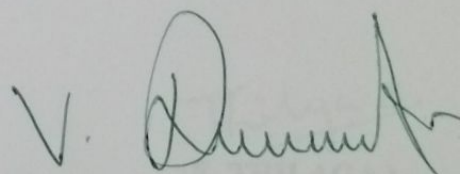
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This thesis is her original work done and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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**EFFECT OF YOGA THERAPY ON SELECTED RISK FACTORS AMONG
IRREGULAR MENSTRUAL DISORDERED ADOLESCENT GIRLS**

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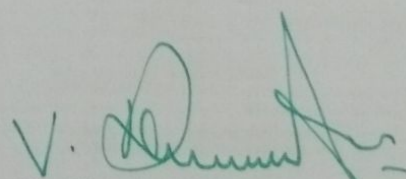
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This thesis is her original work done it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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**EFFECT OF YOGIC PRACTICES ON SELECTED
PHYSIOLOGICAL VARIABLES AMONG MIDDLE
AGED WORKING MEN**

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IN

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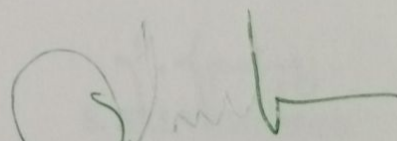
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This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship or other similar titles. This thesis represents entirely an independent work on the part of the candidate but for the general guidance by me.

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**EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL
VARIABLES AMONG OBESE COLLEGE BOYS**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University for the partial
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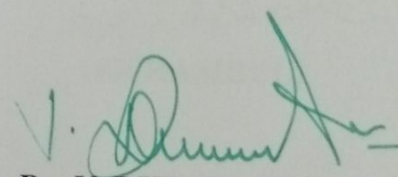
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This thesis is his original work done it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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**EFFECT OF YOGA THERAPY ON SELECTED BIO -CHEMICAL VARIABLES
AMONG MENSTRUAL IRREGULARITY WOMEN**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University for the partial
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IN

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**ANALYSIS OF SELECTED BREAKFAST HABITS BETWEEN URBAN
AND RURAL SCHOOL GIRLS**

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

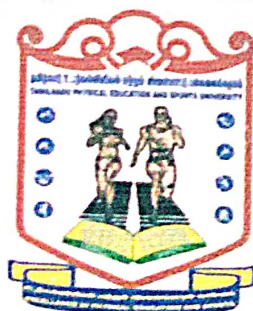
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**RELATIONSHIP BETWEEN ARM STRENGTH AND SHOOTING
ABILITY AMONG INTERCOLLEGIATE WOMEN
BASKETBALL PLAYERS**

Thesis submitted to Tamil Nadu Physical Education and Sports University, Chennai
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This is to certify that the thesis entitle **“RELATIONSHIP BETWEEN ARM STRENGTH AND SHOOTING ABILITY AMONG INTER COLLEGIATE WOMEN BASKETBALL PLAYERS”** is record of research work done by **B.RANJANI** a student of Master of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2017-2019.

This thesis is her original work and it has it has previously formed the basis for the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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**ANALYSIS OF SOCIO ECONOMIC STATUS AND PATTERN OF DIET AMONG
PROFESSIONAL BODYBUILDERS IN TIRUCHCHIRAPPALLI DISTRICT**

Thesis submitted to Tamil Nadu Physical Education and Sports University, Chennai
For the partial fulfillment of the requirements for the award of degree of

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This thesis is his original work and it has it has previously formed the basis for the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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COMPARISON OF PHYSICAL EDUCATION PERSONNEL AND
QUALIFICATION AMONG AIDED UNAIDED AND
GOVERNMENT SCHOOLS IN TIRUTTANI TALUK

Dissertation Submitted to Tamil Nadu Physical Education and Sports University, Chennai for the
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This thesis is his original work and it has it has previously formed the basis for the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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**COMPARATIVE ANALYSIS OF SELECTED ANTHROPOMETRIC AND PHYSICAL
FITNESS VARIABLES BETWEEN BATSMEN AND BOWLERS IN CHENNAI CITY**

Thesis submitted to Tamil Nadu Physical Education and Sports University, Chennai
For the partial fulfillment of the requirements for the award of degree of

**MASTER
OF
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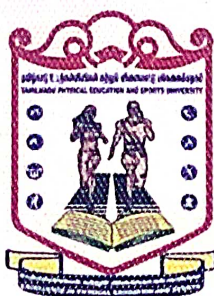
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This thesis is his original work and it has it has previously formed the basis for the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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**COMPARISON OF AEROBIC ENDURANCE AND SPEED BETWEEN
INTER COLLEGIATE FOOTBALL AND HOCKEY PLAYERS**

**Thesis Submitted to the Tamil Nadu Physical Education and Sports University,
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This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship or other similar titles. This thesis represents entirely an independent work on the part of the candidate but for the general guidance by me.

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COMPARISON OF AEROBIC ENDURANCE AND SPEED ENDURANCE BETWEEN
FOOTBALL PLAYERS AND FOOTBALL REFEREES

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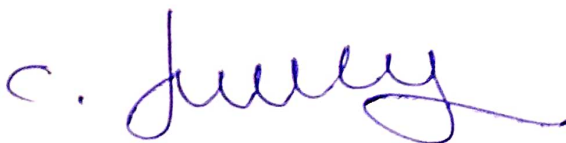
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This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship or other similar titles. This thesis represents entirely an independent work on the part of the candidate but for the general guidance by me.

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**COMPARATIVE STUDY OF ANTHROPOMETRIC AND MOTOR
FITNESS VARIABLES BETWEEN HANDBALL AND
FOOTBALL GOALKEEPERS**

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

**MASTER
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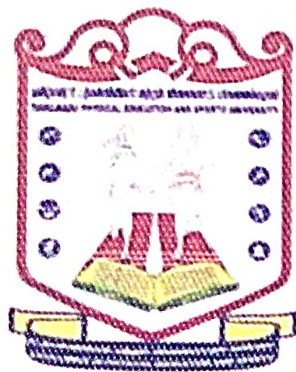
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This is to certify that the dissertation entitled "**COMPARATIVE STUDY OF ANTHROPOMETRIC AND MOTOR FITNESS VARIABLES BETWEEN HANDBALL AND FOOTBALL GOALKEEPERS**" is a record of research work done by **Mr. T.GANDHIDOSS**, a Research scholar of Master of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2018-2019.

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**STATUS ANALYSIS OF FUNCTIONAL MOBILITY AND BMI
CLASSES IN CHENNAI CITY SCHOOL BOYS**

Dissertation submitted to the Tamil Nadu Physical Education and Sports
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for the Degree of

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**COMPARATIVE ANALYSIS OF SHOULDER AND LEG EXPLOSIVE POWER
BETWEEN VOLLEYBALL AND BEACH VOLLEYBALL PLAYERS**

Thesis submitted to Tamil Nadu Physical Education and Sports University, Chennai
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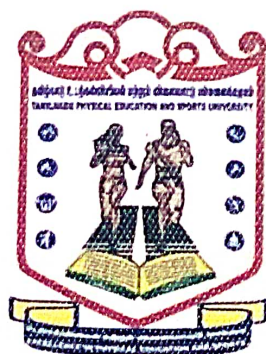
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**RELATIONSHIP BETWEEN SELECTED ANTHROPOMETRIC
VARIABLES OF LOWER EXTREMITY AND JUMPING
ABILITY AMONG VOLLEYBALL PLAYERS**

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COMPARISON OF SELECTED MOTOR FITNESS COMPONENTS BETWEEN MEN BASKETBALL AND VOLLEYBALL PLAYERS

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**COMPARATIVE THE SELECTED ANTHROPOMETRIC
VARIABLES BETWEEN HANDBALL AND
VOLLEYBALL PLAYERS**

Dissertation Submitted to the Tamil Nadu Physical Education and Sports University, Chennai
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**COMPARISON OF AEROBIC AND ANAEROBIC ENDURANCE BETWEEN
INTER COLLEGIATE FOOTBALL AND HOCKEY PLAYERS**

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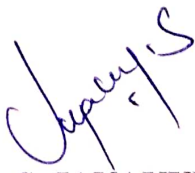
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**COMPARATIVE ANALYSIS OF PSYCHOLOGY VARIABLES BETWEEN
VOLLEYBALL AND HANDBALL INTER COLLEGE LEVEL**

MEN PLAYERS

**Dissertation Submitted to the Tamil Nadu Physical Education and Sports University, Chennai
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RELATIONSHIP BETWEEN COMPETITION ANXIETY AND AGGRESSION AMONG KHO-KHO PLAYERS

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**COMPARISON OF SELECTED ANTHROPOMETRIC AND MOTOR FITNESS
VARIABLES BETWEEN SETTERS AND LIBEROS IN VOLLEYBALL**

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COMPARATIVE ANALYSIS OF SELECTED PHYSICAL FITNES VARIABLES BETWEEN BADMINTON AND VOLLEYBALL PLAYERS

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**COMPARISON OF SELECTED PHYSICAL FITNESS VARIABLES BETWEEN
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**COMPARATIVE STUDY ON ABDOMEN AND LEG STRENGTH
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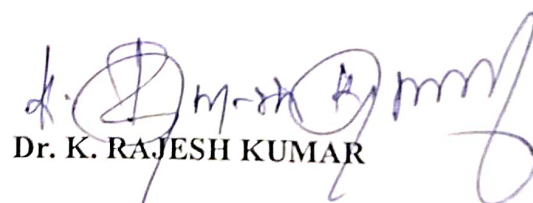
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**EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES
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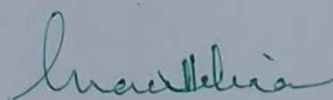
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**EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL
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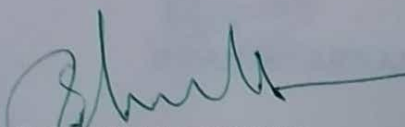
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**EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL
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**EFFECT OF YOGIC PRACTICES ON SELECTED RISK FACTORS AMONG
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DEPARTMENT OF YOGA

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

CHENNAI-600127

MAY-2019

**EFFECT OF VEDIC CHANTING ON PSYCHOLOGICAL VARIABLES AMONG
SCHOOL BOYS**

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

**MASTER OF SCIENCE
IN
YOGA**

Submitted by
NIRMAL KR HAZRA
(REG No: 20175206009)

Under the Guidance of
Dr. V.DURAI SAMI



DEPARTMENT OF YOGA
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
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MAY-2019

**EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL
PSYCHOLOGICAL VARIABLES AMONG MIDDLE AGED OBESE
WOMEN**

Thesis submitted to the Tamil Nadu Physical Education and Sports University,
Chennai for the partial fulfillment of the requirements for the degree of

**MASTER OF SCIENCE
IN
YOGA**

Submitted by

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APRIL 2019

**EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL
AND COGNITIVE VARIABLES AMONG
ADOLESCENT SCHOOL BOYS**

*Thesis submitted to the Tamil Nadu Physical Education and Sports University, Chennai for the partial
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MASTER OF SCIENCE

IN

YOGA

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MAY 2019

**EFFECT OF YOGIC PRACTICES ON SELECTED PSYCHOLOGICAL
VARIABLES AMONG MEN IT PROFESSIONALS**

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**MASTER OF SCIENCE
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**EFFECT OF YOGIC PRACTICES ON SELECTED RESPIRATORY PARAMETERS AMONG
SINUSITIS COLLEGE WOMEN**

Thesis submitted to the Tamil Nadu Physical Education and Sports University, Chennai for the
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**EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES
AMONG HYPERTENSIVE WOMEN**

Thesis submitted to the Tamil Nadu Physical Education and Sports University, Chennai for
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MAY - 2019

**EFFECT OF YOGIC PRACTICES ON SELECTED RISK FACTORS
AMONG STRESSED
MEN IT PROFFESIONAL**

Thesis Submitted to the Tamil Nadu Physical Education and Sports University, Chennai
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MAY - 2019**

**EFFECT OF YOGIC PRACTICES ON SELECTED PSYCHOLOGICAL
VARIABLES AMONG SCHOOL BOYS**

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Chennai for the partial fulfillment of the requirements for the degree of

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APRIL 2019

**ANALYSIS OF SPORTSMANSHIP BEHAVIOR AND SELFCONFIDENCE
AMONG ENGINEERING AND ARTS AND SCIENCE COLLEGE WOMEN
PLAYERS**

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

MASTER OF PHYSICAL EDUCATION

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This is to certify that the thesis entitle ``ANALYSIS OF SPORTSMANSHIP BEHAVIOR AND SELE-CONFIDENCE AMOUNG ENGINEERING and ARTS AND SCIENCE COLLEGE WOMEN PLAYERS'' is record of research work done by **R. JAGATHISWARI** a student of Master of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2017-2019.

This thesis is his original work and it has it has previously formed the basis for the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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**EFFECT OF YOGIC PRACTICES ON SELECTED BIO -CHEMICAL VARIABLES
AMONG MENOPAUSE WOMEN**

Thesis submitted to the Tamil Nadu Physical Education and Sports University, Chennai for
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**MASTER OF SCIENCE
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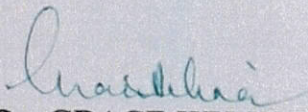
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