



RESEARCH GAINS ON SPORTS TRAINING



Dr. P. Senthil

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Book Title: **Research Gains on Sports Training**

Edited By: **Dr. P. Senthil**

1st Edition

ISBN: **978-81-973427-3-8**



Published: **June 2024**

Publisher:



Kripa-Drishti Publications

A/ 503, Poorva Height, SNO 148/1A/1/1A,
Sus Road, Pashan- 411021, Pune, Maharashtra, India.

Mob: +91-8007068686

Email: editor@kdpublishations.in

Web: <https://www.kdpublishations.in>

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PREFACE

This book was compiled by the research works done between the years 2008 to 2024. During this period some collection of international and national research publications in reputed journals are included in this book and the contents are different types of training of the research area sports training methods as well as yoga studies.

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A-503 Poorva Heights, Pashan-Sus Road, Near Sai Chowk,
Pune - 411021, Maharashtra, India.
Mob: +91 8007068686
Email: editor@kdpublications.in
Web: <https://www.kdpublications.in>

ISBN: 978-81-973427-3-8

