



**RESEARCH CONTRIBUTION  
IN  
SPORTS TRAINING  
METHODS**

**DR. P. SENTHIL**

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METHODS**

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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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