

## **DECLARATION BY THE SCHOLAR**

I, ANSARI. M, Part time scholar of Doctor of Philosophy in the Department of Physical Education, hereby declare that the thesis entitled **“EFFECTS OF YOGA AND PHYSICAL EXERCISES ON SELECTED PHYSICAL FITNESS AND PHYSIOLOGICAL COMPONENTS AMONG MENTALLY CHALLENGED CHILDREN”**, submitted to Tamil Nadu Physical Education and Sports University for the award of the Degree of Doctor of Philosophy in Physical Education is my original work and it has not previously formed the basis for the award of any Degree, Diploma, Associate ship, Fellowship or any other similar title to any candidate of any University or Institution.

Station: Chennai

Date:

(ANSARI. M)