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DECLARATION

I hereby declare that the thesis entitled “**EFFECTS OF AEROBIC DANCING AND YOGIC PRACTICES ON SELECTED HEALTH RELATED FITNESS PSYCHOLOGICAL AND BIOCHEMICAL VARIABLES AMONG COLLEGE WOMEN STUDENTS**” submitted to Tamilnadu Physical Education and Sports University, Chennai for the degree of **DOCTOR OF PHILOSOPHY** in Physical Education is my original research work done under the supervision and guidance of **Dr. D.MANIAZHAGU**, Assistant Professor, Department of Physical Education and Health Sciences, and that it has not previously formed the basis for the award of any degree, diploma associateship, fellowship or any other similar title in any university / institution in India or abroad.

Place :

R.KALAIARASI

Date: