

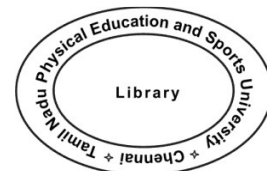
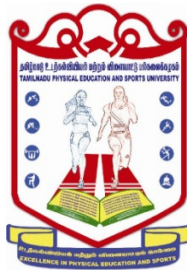
**EFFECT OF VARMA THERAPY AND YOGA THERAPY ON
SELECTED PHYSIOLOGICAL BIO-CHEMICAL AND
PSYCHOLOGICAL VARIABLES OF
DIABETIC PATIENTS**

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

**DOCTOR OF PHILOSOPHY
IN
YOGA**

By
**P.PONNAPPAN
(REG.NO.137)**

Under the Guidance of
Dr.R.ELANGO VAN



99001618

**DEPARTMENT OF YOGA
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI**

OCTOBER-2013