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DECLARATION

I **P.PONNAPPAN**, Part time scholar of Doctor of philosophy in Tamil Nadu Physical Education and Sports University, Chennai hereby declare that the dissertation entitled “**EFFECT OF VARMA THERAPY AND YOGA THERAPY ON SELECTED PHYSIOLOGICAL, BIO-CHEMICAL AND PSYCHOLOGICAL VARIABLES OF DIABETIC PATIENTS**” Submitted to the Tamil Nadu Physical Education and Sports University for the award 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 titles to any candidates of any University.

Place : Chennai

Date :

(P.PONNAPPAN)
Scholar