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DECLARATION

I **E.Sudha** research scholar of Doctor of Philosophy in the Department of Yoga hereby declare that the dissertation **EFFECT OF VARIED YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL BIO-CHEMICAL AND PSYCOLOGICAL VARIABLES AMONG POLICEMEN** submitted to Tamil Nadu Physical Education and Sports University, Chennai for award of Doctor of Philosophy is my original work and it has not previously formed the basis for the award of any degree, diploma, associateship, fellowship or any other similar titles. to any candidate of any University.

Station: Chennai

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Date :