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CERTIFICATE BY THE SUPERVISOR

This is to certify that the THESIS entitled “**IMPACT OF CHAKRA SADHANA ON SELECTED RESPIRATORY - PHYSIOLOGICAL AND SOCIO - PSYCHOLOGICAL FACTORS AMONG ADOLESCENTS BOYS**” is a bonafide record of research work done by **Ms. S.Nithya**, Ph.D. Research Scholar, Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai. Under my guidance for the award of Degree of Doctor of Philosophy and that, this THESIS has not previously formed the basis for the award of any degree, diploma, associate ship, fellowship or any other similar title to the candidate.

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