

**EFFECT OF YOGIC PRACTICES WITH AND WITHOUT SATTVIC DIET  
ON SELECTED RISK FACTORS AMONG HYPERTENSIVE  
MIDDLE AGED WOMEN**

**Dissertation submitted to the Tamil Nadu Physical Education and  
Sports University Chennai for the partial fulfillment  
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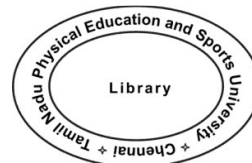
**DOCTOR OF PHILOSOPHY  
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