

Dr.K.CHANDRASEKARAN

Professor and Head,
Department of Physical Education,
Madurai Kamaraj University,
Madurai – 625021.

CERTIFICATE BY THE SUPERVISOR

This is to certify that the dissertation entitled “**EFFECT OF YOGIC AND RECREATIONAL TRAINING PROGRAMMES ON SELECTED PHYSICAL, PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES AMONG INFORMATION TECHNOLOGY PROFESSIONALS**” is a record of research work done by A.Kumaresa Seenivasan a part time scholar of Doctor of Philosophy, in Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2011 – 2016.

This dissertation is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This dissertation represents, entirely an independent work on the part of the candidate but for the general guidance by me.

Station: Chennai

Date:

Dr.K.CHANDRASEKARAN

Supervisor