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CERTIFICATE

This is to certify that the dissertation entitled “EFFECTS OF VARIED PACKAGES OF YOGIC PRACTICES ON SELECTED MOTOR ABILITY COMPONENTS PHYSIOLOGICAL HEMATOLOGICAL AND BIO CHEMICAL VARIABLES AMONG COLLEGE MEN STUDENTS” is a record of research work done by SASI KUMAR. A. S a part time scholar of Doctor of Philosophy, in the Department of Physical Education in Tamil Nadu Physical Education and Sports University, Chennai during the year 2008 – 2010.

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

Place : Karaikudi

Date : 29.10.10


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