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CERTIFICATE BY THE SUPERVISOR

This is to certify that the dissertation entitled **“ISOLATED AND COMBINED EFFECTS OF YOGIC PRACTICE, WALKING AND JOGGING ON SELECTED CARDIO RESPIRATORY AND PSYCHOLOGICAL VARIABLES AMONG MIDDLE AGED MEN”** is a record of research work done by DOMNIC SIPSON, A.M., 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, 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.

Countersigned

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