

**EFFECT OF VARIED YOGIC PRACTICES ON SELECTED
PHYSIOLOGICAL BIO-CHEMICAL AND PSYCHOLOGICAL
VARIABLES AMONG POLICEMEN**

Dissertation submitted to Tamil Nadu Physical Education and Sports University, Chennai
For the partial fulfillment of the requirements for the award of the degree of

**DOCTOR OF PHILOSOPHY
IN
YOGA**

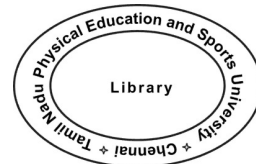
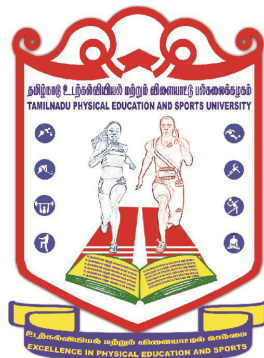
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