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CERTIFICATE BY THE SUPERVISOR

This is to certify that the Dissertation entitled **“EFFECT OF VARIED YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL BIO-CHEMICAL AND PSYCOLOGICAL VARIABLES AMONG POLICEMEN”** is a record of research work done by **E.SUDHA**, a full time scholar of Doctor of Philosophy in the Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai during the year 2011-14.

This thesis is her 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.

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