

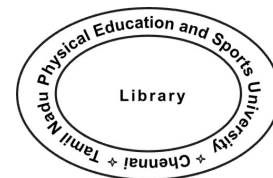
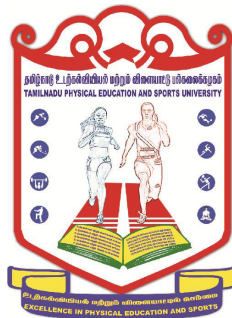
**EFFECT OF COMBINED AND ISOLATED YOGIC PRACTICES AND YOGIC
DIET ON SELECTED PHYSIOLOGICAL AND PSYCHOLOGICAL
VARIABLES AMONG OBESE ENGINEERING
COLLEGE WOMEN STUDENTS**

DISSERTATION SUBMITTED TO THE TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY,
CHENNAI FOR THE FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF
DEGREE OF

**DOCTOR OF PHILOSOPHY
IN
YOGA**

Submitted by
A. PUSHPALATHA

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Dr. S. THIRUMALAI KUMAR



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JUNE- 2014**