

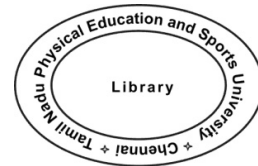
**EFFECT OF YOGIC PRACTICES WITH AND WITHOUT MODERATE
PHYSICAL ACTIVITIES ON SELECTED RISK FACTORS AMONG
MIDDLE AGED OBESE MEN**

**Dissertation Submitted to Tamil Nadu Physical Education and
Sports University Chennai for the partial fulfillment
of the requirement for the Degree of**

**DOCTOR OF PHILOSOPHY
IN
YOGA**

Submitted by
A.S.SELVAM
(Reg. No: A151YOFM066)

Under the guidance of
Dr. R. ELANGO VAN



**DEPARTMENT OF YOGA
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI - 600 127**

FEBRUARY - 2018