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DECLARATION BY THE RESEARCH SCHOLAR

I, **A.S.SELVAM**, Research scholar (Full-Time) of Doctor of Philosophy, in Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai, hereby declare that the Dissertation entitled **“EFFECT OF YOGIC PRACTICES WITH AND WITHOUT MODERATE PHYSICAL ACTIVITIES ON SELECTED RISK FACTORS AMONG MIDDLE AGED OBESE MEN”**, submitted to Tamil Nadu Physical Education and Sports University Chennai for the award of Doctor of Philosophy in Yoga is my original work and it has not previously formed the basis for the award of any degree, diploma, associate ship fellowship or any other similar titles to any candidate of University.

Station : Chennai

Date :

A.S. SELVAM