

**ISOLATED AND COMBINED EFFECT OF YOGIC AND PRANAYAMA
PRACTICES ON SELECTED PHYSIOLOGICAL PSYCHOLOGICAL
IMMUNOLOGICAL VARIABLES AMONG HIV
INFECTED PERSONS**

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

PHYSICAL EDUCATION

Submitted by

FLOSSY RAYAPPAN

(REG NO: 188)

Guided by

Dr. LILLY PUSHPAM ISAAC



ETD-UNIVLIBRARY-TNPESU



**DEPARTMENT OF PHYSICAL EDUCATION
TAMIL NADU PHYSICAL EDUCATION
ANDSPORTS UNIVERSITY
CHENNAI-600 127
INDIA**

OCTOBER - 2014