

**EFFECT OF YOGIC PRACTICES WITH AND WITHOUT DIET MODIFICATIONS ON
SELECTED PHYSICAL PHYSIOLOGICAL AND PSYCHOLOGICAL
VARIABLES AMONG ADULT WOMEN WITH
OLIGOMENORRHEA**

*Dissertation submitted to Tamil Nadu Physical Education and
Sports University, Chennai in partial fulfillment of the
Requirement for the award of the degree of*

**DOCTOR OF PHILOSOPHY
IN
YOGA**

Submitted by

**Mrs. M. HEMAMALINI
(Reg. No: A1701Y0FM127)**

Under the Guidance

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CERTIFICATE BY THE SUPERVISOR

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This is also to certify that the Dissertation represents the independent work of the scholar

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DECLARATION BY THE SCHOLAR

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Dedicated to
My beloved Daughter and My
Son in Law and My lovable
Husband

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