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This is to certify that the Dissertation entitled “**EFFECT OF YOGIC PRACTICES WITH AND WITHOUT DIET MODIFICATIONS ON SELECTED PHYSICAL PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES AMONG ADULT WOMEN WITH OLIGOMENORRHEA**” is a bonafide record of research work done by **MRS. M. HEMAMALINI** , Ph.D. Research Scholar, Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai, 2018-2020. Under my guidance for the award of Degree of Doctor of Philosophy and that, this Dissertation has not previously formed the basis for the award of any degree, diploma, associate ship, fellowship or any other similar title to the candidate.

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