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DECLARATION BY THE SCHOLAR

I **Mrs. M. HEMAMALINI**, Research Scholar, Department of Yoga, Tamil Nadu Physical Education and sports university 2018-2020 batch, hereby declare 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**” submitted to Tamil Nadu Physical Education and Sports University for the award of the degree 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 any University.

Date :

(Mrs. M. HEMAMALINI)

Station: Chennai

Research scholar