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DECLARATION BY THE SCHOLAR

I **S.ANANTHAN PILLAI**, Research Scholar, Department of Yoga, Tamil Nadu Physical Education and sports university 2017-2020 batch, hereby declare that the Dissertation entitled “**EFFECT OF YOGIC PRACTICES WITH AND WITHOUT DIET MODIFICATIONS ON SELECTED RISK FACTORS AMONG MEN WITH ANDROPAUSE**” 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 :

(S.ANANTHAN PILLAI)

Station: Chennai

Research scholar