Declaration

I do hereby declare that the thesis entitled, "An Analysis of the Effects of Training in Yogic Practices and Physical Exercises among the Residential Male College Students on Selected Physical and Physiological Variables" is a record of bonafide research work done by me and it has not previously formed the basis for award of any degree, diploma, associateship, fellowship, or other similar title or recognition of any University.

Place: Tiruchirappalli
Date: 27.10.2004

(C. Johnson Premkumar)