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DECLARATION

I hereby declare that the thesis entitled "EFFECT OF PHYSICAL EXERCISES AND YOGIC PRACTICES ON HEALTH RELATED PHYSICAL FITNESS, BASAL METABOLIC RATE AND LIPID PROFILE VARIABLES OF OBESE ADOLESCENTS" being submitted to the Pondicherry University, in partial fulfillment of the requirement for the award of the degree of Doctor of Philosophy in Physical Education in the Department of Physical Education and Sports, Pondicherry University is a bonafide work done by me under the guidance of Dr. P.K. SUBRAMANIAM, Professor, Department of Physical Education and Sports, Pondicherry University and that it has not previously formed on the basis for the award of any Degree, Diploma, Associateship, Fellowship or any other similar title of any candidate of any University or Institution.

Place: Puducherry  
Date:  

(V. RAMESH)  
Research Scholar