DECLARATION

I, Mr. Biswajit Sinha, hereby declare that the thesis, entitled "A CRITICAL EVALUATION OF PHYSIOLOGICAL CHANGES DURING THE ACTUAL PRACTICE OF SURYA NAMASKAR WITH SPECIAL REFERENCE TO ENERGY COST AND CARDIORESPIRATORY CHANGES" (HUMAN SUBJECTS), submitted to the Bharathiar University, in partial fulfilment of the requirements for the award of the Degree of Doctor of Philosophy in Physiology is a record of original and independent research work done by me during 2000-2004 under the supervision and guidance of Dr. U.S. Ray, Scientist 'E', Department of exercise physiology of Defence Institute of Physiology and Allied Sciences, Defence Research and Development organization, Timarpur, Delhi-110054, India and it has not formed the basis for the award of any Degree/Diploma/Associateship/Fellowship or other similar title to any candidate in any University.

Dated: 20-06-04.

Mr. Biswajit Sinha
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