


Declaration

I do hereby declare that, this thesis entitled “**Effect of Specific Yogic Exercises on Motor, Physiological and Psychological Variables of Secondary School Children**” submitted to Kuvempu University for the award of **Degree of Doctor of Philosophy** in Physical Education is the bonafide work carried out by me under the guidance of **Dr. N.D. Virupaksha**, Selection Grade Lecturer, Department of P.G. Studies and Research in Physical Education, Kuvempu University, Jnana Sahyadri, Shankaraghatta during 2007-2010. This thesis has not formed bases for the award of any degrees, diplomas, Fellowships or any other similar title.


(Smt. SHOBA, A.)

Date: 24/07/2010

Place: **Jnana Sahyadri**