

**EFFECTS OF VARIED DANCE FITNESS PROGRAMME WITH
YOGA ON SELECTED CARDIO-PULMONARY
PHYSICAL FITNESS AND PSYCHOLOGICAL VARIABLES
AMONG OBESE SCHOOL GIRLS**

*Thesis submitted to the Bharathiar University in partial fulfillment
of the requirements for the award of the Degree of*

DOCTOR OF PHILOSOPHY IN PHYSICAL EDUCATION

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**DEPARTMENT OF PHYSICAL EDUCATION
PSGR KRISHNAMMAL COLLEGE FOR WOMEN**

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