

**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**

Submitted by

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Under the Guidance of

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PSGR Krishnammal College for Women



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

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**JUNE 2022**

*Certificate*

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## **CERTIFICATE**

This is to certify that the thesis, entitled **“EFFECTS OF VARIED DANCE FITNESS PROGRAMME WITH YOGA ON SELECTED CARDIO-PULMONARY PHYSICAL FITNESS AND PSYCHOLOGICAL VARIABLES AMONG OBESE SCHOOL GIRLS”** submitted to Bharathiar University, in partial fulfillment of the requirements for the award of the Degree of **DOCTOR OF PHILOSOPHY IN PHYSICAL EDUCATION** is a record of original research work done by **A. VIJAYALAKSHMI** during the period 2017-2022 of her research in the Department of Physical Education at PSGR Krishnammal College for Women, Coimbatore, under my supervision and guidance and the thesis has not formed the basis for the award of any Degree / Diploma / Associateship / Fellowship or other similar title of any candidate of any University.

**Place:**

**Date:**

**Countersigned**

**Signature of the Guide**

**Head of the Department**

**Principal**

*Declaration*

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## **DECLARATION**

I, **A. VIJAYALAKSHMI**, hereby declare that the thesis, entitled “**EFFECTS OF VARIED DANCE FITNESS PROGRAMME WITH YOGA ON SELECTED CARDIO-PULMONARY PHYSICAL FITNESS AND PSYCHOLOGICAL VARIABLES AMONG OBESE SCHOOL GIRLS**”, submitted to Bharathiar University, in partial fulfillment of the requirements for the award of the Degree of **DOCTOR OF PHILOSOPHY IN PHYSICAL EDUCATION** is a record of original and independent research work done by me during 2017-2022 under the Supervision and Guidance of **Dr. (Mrs.) M. JAYACHITRA**, Director of Physical Education, Department of Physical Education, PSGR Krishnammal College for Women, Coimbatore and the thesis has not formed the basis for the award of any Degree/ Diploma/ Associateship /Fellowship or other similar title to any candidate in any University.

**Place:**

**Date:**

**Signature of the Candidate**

*Dedicated to My Husband*

*Mr. J. Suman Prabhu*

## *Acknowledgement*

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