

**EFFECT OF YOGA PRACTICES WITH AND WITHOUT VARMA  
THERAPY ON SELECTED PHYSIOLOGICAL BIOCHEMICAL  
AND PSYCHOLOGICAL VARIABLES AMONG AGED TYPE II  
DIABETIC MEN**

*Dissertation Submitted to Tamil Nadu Physical Education and Sports University  
Chennai for the partial fulfillment of the requirement for the Degree of*

**DOCTOR OF PHILOSOPHY  
IN  
YOGA**

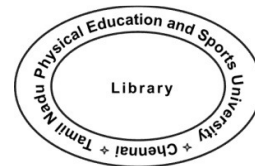
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