

EFFECTIVENESS OF PRANAYAMA ON ANXIETY  
AMONG ALCOHOLICS IN A SELECTED  
DE ADDICTION CENTRE AT CHENNAI.



**COIMBATORE**

A DISSERTATION SUBMITTED TO THE TAMILNADU  
DR.M.G.R. MEDICAL UNIVERSITY, CHENNAI, IN PARTIAL  
FULFILMENT OF REQUIREMENT FOR THE DEGREE OF  
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BY  
**MUNIYANDI.S**

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CERTIFIED THAT THIS IS THE BONAFIDE WORK OF

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