

# NYASA

*Thesis submitted by*

**SARANGAPANI BASHYAM**

Towards the partial fulfillment of

**DOCTOR OF PHILOSOPHY (YOGA)**

JANUARY 2018



**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA (S-VYASA)**

**(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)**

**# 19, EkanathBhavan, Gavipuram Circle, K.G. Nagar,**

**Bengaluru -560 019, India**

**Website: [www.svyasa.org](http://www.svyasa.org)**

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Thesis submitted for the Award of  
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By

**SARANGAPANI BASHYAM**

UNDER THE GUIDANCE OF

**T.M. SRINIVASAN, Ph.D.**

**H.R. NAGENDRA, Ph.D.**

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