

DECLARATION

I, hereby declare that this study was conducted by me at Swami Vivekananda Yoga AnusandhanaSamsthana (S-VYASA), Bengaluru, under the guidance of Dr. T.M. Srinivasan and Dr.H. R. Nagendra, Chancellor S-VYASA University Bengaluru.

I also declare that the experimental content of the subject matter of my thesis entitled “NYASA” has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Date:

SARANGAPANI BASHYAM

Place: Bengaluru

(Candidate)

CERTIFICATE

This is to certify that Sarangapani Bashyam who was given Ph D. registration with effect from January 2006 by Swami Vivekananda Yoga Anusandhana Samsthana, Deemed University under the Division of Yoga and Physical Sciences has successfully completed the required training in acquiring the relevant background knowledge and has completed the required course of research for not less than two years to submit this thesis entitled 'NYASA' as per the regulations of the University. We also declare that the subject matter of the thesis has not previously formed the basis of the award of any degree, diploma, associateship, fellowship or similar titles.

T.M. SRINIVASAN, Ph.D

Professor

Division of Yoga and Physical Sciences

S-VYASA (Co-guide)

H. R. NAGENDRA, Ph.D

Chancellor

S-VYASA (Guide)