

# **BENEFITS OF YOGA EDUCATION IN HIGH SCHOOL CURRICULUM FOR ANGER MANAGEMENT; A RANDOMIZED CONTROL STUDY**

Thesis submitted by

**Alaka Mani T.L.**

[PhD/Cat2/06/Aug12]

Towards the partial fulfillment of  
**DOCTOR OF PHILOSOPHY (YOGA)**  
December 2017



**To**

**Swami Vivekananda Yoga Anusandhana Samsthana**  
(Declared as Deemed University Under Section 3 of the UGC Act, 1956)  
#19 Eknath Bhawan, Gavipuram Circle, K G Nagar,  
Bangalore- 560019, India.

**BENEFITS OF YOGA EDUCATION IN HIGH  
SCHOOL CURRICULUM FOR ANGER  
MANAGEMENT; A RANDOMIZED CONTROL STUDY**

**Thesis submitted for the Award of  
DOCTOR OF PHILOSOPHY (YOGA)**

**by  
Alaka Mani T.L.  
[PhD/Cat2/06/Aug12]**

**Under the guidance of  
Dr. H. R. Nagendra, Ph.D.  
and Co-guidance of  
Dr. S. N. Omkar, Ph.D.  
Dr. Manoj Kumar Sharma, Ph.D.**

**To**



**Swami Vivekananda Yoga Anusandhana Samsthana  
(Declared as Deemed University Under Section 3 of the UGC Act, 1956)  
#19 Eknath Bhawan, Gavipuram Circle, K G Nagar,  
Bangalore- 560019, India.**