



# स्वामी विवेकानन्द योग अनुसंधान संस्थान

## Swami Vivekananda Yoga Anusandhāna Samsthāna

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

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### Certificate

The Doctoral Committee confirms that this is an authentic approved copy of the thesis titled “Benefits of Yoga Education in High School Curriculum for Anger Management: A Randomized Control Study”.

The committee recommends the award of PhD Degree.

Name of the student : Alaka Mani T L

Title of the thesis “Benefits of Yoga Education in High School Curriculum for Anger Management: A Randomized Control Study”.

Viva Examination Details : Date: 27<sup>th</sup> June, 2017  
Day: Tuesday  
Venue: Prashanti Kutiram  
S-VYASA Main campus

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## **DECLARATION**

I, hereby declare that this study was conducted by me at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru, under the guidance of Padmashree Dr. H R Nagendra, Chancellor of S-VYASA Yoga University, Bengaluru and co-guidance of Yoga Ratna Dr. S N Omkar, Chief Research Scientist, Department of Aerospace Engineering, Department of Yoga and Biomechanics, Indian Institute of Science (IISc), Bengaluru and Dr. Manoj Kumar Sharma, Additional Professor, Department of Clinical Psychology, National Institute of Mental Health And Neuro Sciences (NIMHANS), Bengaluru.

I also declare that the subject matter of my thesis entitled **BENEFITS OF YOGA EDUCATION IN HIGH SCHOOL CURRICULUM FOR ANGER MANAGEMENT; A RANDOMIZED CONTROL STUDY** has not previously formed the basis of the award of any degree, diploma, associateship, fellowship or similar titles.

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**ALAKA MANI T L**

PhD/Cat2/06/Aug12

(Candidate)

Date :

Place : Bengaluru

## **CERTIFICATE**

This is to certify that **Smt. Alaka Mani T L** is a Ph.D scholar bearing the university registration number of PhD/Cat2/06/Aug12 with effect from August 01, 2012 under the Division of Yoga and Spirituality. She has successfully completed the prescribed course work and other requirements for submission of thesis. This thesis entitled — **BENEFITS OF YOGA EDUCATION IN HIGH SCHOOL CURRICULUM FOR ANGER MANAGEMENT; A RANDOMIZED CONTROL STUDY**’ is based on the bonafide work carried out by her as per regulations of the university. Further it is declared that the subject matter of this thesis has not formed the basis for the award of any degree, diploma, fellowship or similar titles previously.

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**Dr. H.R. Nagendra**

Ph.D. (Guide)

Date: 30-12-2017

Place: Bengaluru