

**EFFECT OF YOGA ON PHYSICAL AND  
PSYCHO-SOCIAL WELL-BEING OF ORPHANS:  
A RANDOMISED CONTROLLED STUDY**

Thesis Submitted by

**SATYA PRAKASH PUROHIT**

Towards the partial fulfillment of

**DOCTOR OF PHILOSOPHY (YOGA)**

Submitted to



**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA**

**NO.19, EKNATH BHAVAN, GAVIPURAM CIRCLE, KEMPEGOWDANAGAR,**

**BANGALORE -560019, INDIA**

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**MARCH 2016**



**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA**

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

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