

## **CERTIFICATE**

This is to certify that Dr. Vasudha M Sharma who has registered for her PhD, has successfully completed her course work and required training, and is submitting her study thesis on “**Use of an integrated approach of Yoga therapy and Ayurveda in the management of migraine headache**” towards partial fulfilment of requirement for the Doctor of Philosophy (PhD) in Yoga, registered in **Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru** and this is a record of the work carried out by her in this institution.

**Guide:**

**Dr. H.R. Nagendra, M.E., Ph.D.,**

Chancellor, S-VYASA University

Date:

Place: Bengaluru

## DECLARATION

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

I also declare that the subject matter of my thesis entitled “**Use of an integrated approach of Yoga therapy and Ayurveda in the management of migraine headache**” has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

**Date:**

**Vasudha M. Sharma**

**Place:**

(Candidate)

## **ACKNOWLEDGEMENT**

I am deeply thankful to Guruji for having accepted the topic of my research study and therefore enabling me to work on my interests of Integrating Ayurveda and Yoga in the management of Migraine Headache. I also thank him for guiding me across the PhD study.

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**Date:**

**Dr. Vasudha M Sharma**

**Place: Bengaluru**

**(Candidate)**