

**EVALUATION OF EFFECTS OF YOGA V/S PHYSICAL
TRAINING ON PERFORMANCE MEASURES IN SCHOOL
CHILDREN – A RANDOMIZED CONTROLLED TRIAL**

Thesis submitted by

DR. V. P. SATISH

Registration number PhD/Cat02/07/Aug2011

Under the guidance of

PROF. DR. MANJUNATH N K, BNYS, PHD

PROF. DR. RAGHAVENDRA RAO M, BNYS, PHD

Towards the partial fulfilment of

DOCTOR OF PHILOSOPHY IN YOGA



To

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)

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

#19 Eknath Bhawan, Gavipuram Circle, K G Nagar,

Bengaluru - 560019, India.