



# 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 and approved copy of the thesis and it has been reviewed and approved by two experts.

The doctoral committee recommends the award of PhD degree to the research scholar as follows:

**Name of the Research Scholar:** Dr V P Satish

**Registration No:** PhD/Cat02/07/Aug2011

**Title of the Thesis:** EVALUATION OF EFFECTS OF YOGA PROGRAM V/S PHYSICAL TRAINING ON PERFORMANCE MEASURES IN SCHOOL CHILDREN -A RANDOMIZED CONTROLLED STUDY

**Viva-Voce Examination Details:** Date: 22<sup>nd</sup> October, 2020

Day: Thursday, Time: 2:00 pm to 3:30 pm

**Thesis Presentation:** Online through Google meet

**Session Link:** [meet.google.com/xbi-hxui-rbc](https://meet.google.com/xbi-hxui-rbc)

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# CERTIFICATE

This is to certify that **V.P. Satish**, who was registered for the Ph.D. program from 1<sup>st</sup> August 2011 at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Deemed to be University under the Division of Yoga and Life Sciences has successfully completed the required training in acquiring the relevant background knowledge and has completed the required course of research to submit this thesis entitled “EVALUATION OF EFFECTS OF YOGA PROGRAM V/S PHYSICAL TRAINING ON PERFORMANCE MEASURES IN SCHOOL CHILDREN: A RANDOMIZED CONTROLLED STUDY” as per the regulations of the University.

We also declare that the subject matter of the thesis has not previously formed the basis of award of any degree, diploma, associateship, fellowship or similar titles.

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## **DECLARATION**

I hereby declare that this study was conducted at Government higher primary and high Schools at Shivamogga and Udupi districts of Karnataka, under the guidance of Dr. Manjunath NK, Director of Research and International affairs, S-VYASA, Bengaluru and Dr. Raghavendra Mohan Rao, Director, Central Council for Research in Yoga & Naturopathy, (Ministry of AYUSH, Govt. of India) New Delhi.

I also declare that the subject matter of my thesis entitled “Evaluation of Effects of Yoga Program V/S Physical Training on Performance Measures in School Children- A Randomized Controlled Study” has not previously formed the basis of the award of any degree, diploma, associateship, fellowship or similar titles.

**Satish Vhavle**  
**(Candidate)**

**Date: 23<sup>rd</sup> November 2020**

**Place: Bengaluru**

## **ACKNOWLEDGEMENT**

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**Satish Vhavle**  
**(Candidate)**

**Date: 23<sup>rd</sup> November 2020**

**Place: Bengaluru**