

**EFFECT OF YOGA PRACTICES ON PSYCHOLOGICAL
WELLBEING AND ACADEMIC PERFORMANCE AMONG
COLLEGE STUDENTS**

Thesis submitted by

MAHESH NARAIN TRIPATHI

(Reg. No: PhD/Cat3/09/Jan13)

Under the Guidance of

Sony Kumari, PhD

Towards the partial fulfillment of

DOCTOR OF PHILOSOPHY (YOGA)



SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(Declared as Deemed University under Section 3 of the UGC Act, 1956)

Bangalore -560019, India