



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

This is to Certify that Doctoral Committee confirms that this is an authentic approved copy of the thesis titled “Effect of Yoga Practices on Psychological Wellbeing and Academic Performance among College Students” submitted by Mahesh Narain Tripathi bearing Registration No PhD/Cat3/09/Jan 13.

The Viva-voce examination was conducted on Monday, 15th February 2021 through online google meet with session link <http://meet.google.com/wef-ngrc-gad>

The committee recommends the award of PhD Degree.

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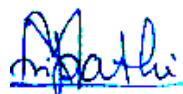
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DECLARATION

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

I also declare that the subject matter of my thesis entitled **“EFFECT OF YOGA PRACTICES ON PSYCHOLOGICAL WELLBEING AND ACADEMIC PERFORMANCE AMONG COLLEGE STUDENTS”** has not previously formed the basis of the award of any degree, diploma, associate ship, fellowship or similar titles.



Date: 14-Sept-2020

Place: Visakhapatnam

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(Candidate)

ACKNOWLEDGEMENT

First and foremost, I bow to the **Parmatma**, for His showers of blessings throughout my research work to complete my research successfully.

I feel the blessing of my parents Srimati Prema Devi and Sri Harishchandra Tripathi, who is my life coach because I owe it all to you.

The accomplishment of this thesis would not have been possible without the help, assistance and feedback of a few people. I am extremely grateful and deeply indebted to my guide Dr. Sony Kumari for her continuous guidance, mentorship and encouragement whose insight and knowledge into the subject matter steered me through this research.

I would like to thank Dr. H.R. Nagendra, Chancellor of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) and Registrar Dr M. K. Sridhar, all faculty members of SVYASA and PhD office for their support and coordination of the PhD program.

I would like to thank Mr. Balram Krishna, CMD TSR& TBK College, Principal Srimati Suhasini Ji, Mr. Kameswar Rao & their team for regular teaching the yoga and participants for their time and co-operation during the intervention whose support allowed my studies to go the extra mile.

I would like to profusely thank my friend and mentor Sri Sunil Nevatia, CMD of Jyothi book depot and my family members for their support during the process of my research work and patiently waiting for countless hours and encouraging me throughout.

Finally, to my caring, loving and supporting wife Srimati Sudha Tripathi and children, Richa and Om Narayan, who have provided me through moral and emotional support in my life. My heartfelt thanks.

I am extremely grateful and thank all those who directly or indirectly contributed to this research.

You are all appreciated.