



# स्वामी विवेकानन्द योग अनुसंधान संस्थान

## Swami Vivekananda Yoga Anusandhāna Samsthāna

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

Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore - 560 019

Ph: 080 - 2661 2669, Telefax: 080 - 2660 8645

E-mail: [svyasa@svyasa.org](mailto:svyasa@svyasa.org) Website: [www.svyasa.org](http://www.svyasa.org)

### Certificate

This is to Certify that the Doctoral Committee confirms that this is an authentic approved copy of the thesis titled "Effect of SMET yoga program on Positive and Negative Affectivity of employees; a randomised controlled study." submitted by Jyothi Vasu bearing Registration No. PhD/Cat2/05/Aug12

The Viva-voce examination was conducted on Friday, 06<sup>th</sup> August 2021 through online google meet with session link: [meet.google.com/cyt-qwsq-evr](https://meet.google.com/cyt-qwsq-evr)

**The committee recommends the award of the PhD Degree.**

*Sowmya C.S.*

Prof. Sowmya C.S.  
National Reviewer & Examiner  
Welingkar, WE School,  
Bangalore

*Sony Kumari*  
Dr. Sony Kumari  
Guide  
S-VYASA, Bangalore

*R Chandrasekhar*  
Dr. R Chandrasekhar  
Dean of Academics  
S-VYASA, Bangalore

*Pranesh Gudur*  
Dr. Pranesh Gudur  
Registrar - Evaluation  
S-VYASA, Bangalore

-sd-

Dr. A. Bhavani  
International Reviewer  
University of Jaffna,  
Srilanka

*H. R. Nagendra*  
Dr. H. R. Nagendra  
Co-Guide  
S-VYASA, Bangalore

*Makam Sridhar*  
Dr. Makam Sridhar  
Dean (Department of Yoga & Management)  
S-VYASA, Bangalore

*M K Sridhar*  
Dr. M K Sridhar  
Registrar  
S-VYASA, Bangalore

*B. R. Ramakrishna*  
Dr. B. R. Ramakrishna  
Vice-Chancellor  
S-VYASA, Bangalore