

CERTIFICATE

This is to certify that Dr Kashinath G Metri, who has been given Ph.D. registration with effect from January 14th , 2014 by the Swami Vivekananda Yoga Anusandhana Samsthana, Deemed University under the Division of Yoga and Life Sciences has successfully completed the required ‘training’ in acquiring the relevant background knowledge in philosophy, physiology, neurology and psychology related to Yoga and has completed the required ‘course of research’ for not less than two years to submit this thesis entitled “*Effect of yoga based lifestyle intervention on cardiovascular variables, psychopathologies and cognitive functions in hypertension patientS*” as per the regulations of the University.

We also declare that the subject matter of this thesis entitled “*Effect of yoga based lifestyle intervention on cardiovascular variables, psychopathologies and cognitive functions in hypertension patient*”. has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Dr Balaram Pradhan PhD

Assistant professor

(Guide)

H.R. Nagendra M.E., Ph.D.

Chancellor, SVYASA

(Co-guide)

Date:

Place: Bengaluru

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 Balaram Pradhan, assistant registrar and Dr. H. R. Nagendra, Swami Vivekananda Yoga Anusandhana Samsthana, Deemed University, Bengaluru. I also declare that the subject matter of my thesis entitled "*Effect of yoga based lifestyle intervention on cardiovascular variables, psychopathologies and cognitive functions in hypertension patient*" has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Date:

Dr Kashinath G Metri

Place: Bengaluru (Candidate)