

**NEUROCOGNITIVE AND PSYCHOPHYSIOLOGICAL CHANGES  
ASSOCIATED WITH KUMBHAKA – YOGIC BREATH HOLDING**

*Thesis submitted by*

**SAOJI APAR AVINASH**

*Towards the partial fulfillment of*

**DOCTOR OF PHILOSOPHY (YOGA)**

04 August 2018



**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA**

(Declared as Deemed to be University u/s 3 of the UGC Act, 1956)

#19, Eknath Bhavan, Gavipuram Circle, KG Nagar

BENGALURU- 560 019, KARNATAKA, INDIA

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By

**SAOJI APAR AVINASH**

Reg No: PhD/Cat3/18/Jan12

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