EVALUATION OF YOGĀ PRĀṆĀYĀMA AND VEDIC MATHS METHODS IN THE MANAGEMENT OF MATH ANXIETY AND COGNITIVE SKILLS IN SCHOOL CHILDREN

Thesis submitted by

VASANT V SHASTRI

PhD/Cat 2/05/Aug 11

Towards the partial fulfilment of:

DOCTOR OF PHILOSOPHY (YOGA)

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

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