

CERTIFICATE

This is to certify that Mr. P. B. Rshikesan is a Ph.D. scholar bearing the university registration number of PhD/Cat3/15/Aug13 with effect from August 01, 2013 under the Division of Yoga and Life Sciences. He has successfully completed the prescribed course work and other requirements for submission of thesis. This thesis entitled “EFFECT OF INTEGRATED APPROACH OF YOGA THERAPY (IAYT) ON OBESITY OF MALE ADULTS” is based on the bona fide work carried out by him as per regulations of the university.

Further it is declared that the subject matter of this thesis has not formed the basis for the award of any degree, diploma, fellowship or similar titles previously.

Subramanya Pailoor, Ph.D.

(Guide)

Date:

Place: Bengaluru

DECLARATION

I, hereby declare that this study was conducted by me at Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), Bangalore under the guidance of Dr. Subramanya Pailoor, Associate Professor, Division of Yoga and Life Sciences, Swami Vivekananda Yoga Anusandhana Samsthana, a Deemed University Bengaluru.

I also declare that the subject matter of my thesis entitled EFFECT OF INTEGRATED APPROACH OF YOGA THERAPY (IAYT) ON OBESITY OF MALE ADULTS has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

P. B. Rshikesan

(Candidate)

Date:

Place: Bengaluru