

## **CERTIFICATE**

This is to certify that Dr. Saoji Apar Avinash, who was registered for the PhD program from 12<sup>th</sup> January 2012 at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) Deemed University under the Division of Yoga and Life Sciences has successfully completed the required training in acquiring the relevant background knowledge and has completed the required course of research to submit this thesis entitled “**NEUROCOGNITIVE AND PSYCHOPHYSIOLOGICAL CHANGES ASSOCIATED WITH KUMBHAKA – YOGIC BREATH HOLDING**” as per the regulations of the University.

We also declare that the subject matter of this thesis has not previously formed the basis of award of any degree, diploma, associate-ship, fellowship or similar titles.

**Dr. N K Manjunath Sharma, BNYS, PhD**

Professor and Director – Research and International Affairs,  
Swami Vivekananda Yoga Anusandhana Samsthana,  
Bengaluru  
(Guide)

**Dr. Raghavendra Bhat, MSc, PhD**

Asst. Professor  
Swami Vivekananda Yoga Anusandhana Samsthana,  
Bengaluru  
(Co-Guide)

## 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. N K Manjunath Sharma, Professor and Director, Research and Development, S-VYASA, Bengaluru and Dr. Raghavendra Bhat, Asst. Professor, S-VYASA, Bengaluru.

I also declare that the subject matter of my thesis entitled “**Neurocognitive and Psychophysiological Changes Associated with *Kumbhaka* – Yogic Breath Holding**” has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Date: 04 August 2018

**Saoji Apar Avinash**

Place: Bengaluru

(Candidate)