

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. Sanjib Patra Registrar, S-VYASA University Bengaluru and Dr. Alex Hankey, Distinguished Professor of Division of Yoga and Physical Sciences, S-VYASA University Bengaluru.

I also declare that the subject matter of my thesis entitled as

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

has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Date:

Vasant V Shastri

Place: Bengaluru

(Candidate)

CERTIFICATE

This is to certify that Vasant V Shastri who was given Ph.D. registration with effect from August 01, 2011 by Swami Vivekananda Yoga Anusandhana Samsthana, Deemed University under the Division of Yoga and Physical Sciences has successfully completed the required 'training' in acquiring the relevant background knowledge and has completed the required 'course of research' for not less than two years to submit this thesis entitled 'EVALUATION OF YOGĀ PRĀṆĀYĀMA AND VEDIC MATHS METHODS IN THE MANAGEMENT OF MATH ANXIETY AND COGNITIVE SKILLS IN SCHOOL CHILDREN' as per the regulations of the University. We also declare that the subject matter of the thesis has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Sanjib Patra, Ph.D.
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Date:

Place: Bengaluru

Vasant V Shastri