

CERTIFICATE



स्वामी विवेकानन्द योग अनुसंधान संस्थान Swami Vivekananda Yoga Anusandhāna Samsthāna

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

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Certificate

The doctoral committee confirms that this is an authentic and approved copy of the thesis and it has been reviewed and approved by two experts.

The doctoral committee recommends the award of PhD degree to the research scholar as follows:

Name of the Research Scholar: Mr B Sivaramappa

Registration No: PhD/Cat2/14/Jan 12

Title of the Thesis: EFFECT OF ĀNĀPĀNASATĪ MEDITATION ON ANXIETY, VERBAL AGGRESSION AND DEPRESSION – A RANDOMIZED CONTROLLED TRIAL.

Viva-Voce Examination Details: Date: 12th December, 2020

Day: Saturday, Time: 3:30 pm to 4:30 pm

Thesis Presentation: Online through Google meet

Session Link: <https://meet.google.com/fhh-phdi-vay>

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C E R T I F I C A T E

This is to certify that B. Sivaramappa has registered for Ph.D. vide Registration No. Ph.D./Cat2/14/Jan 12 at Swami Vivekananda Yoga Anusandhana Samsthana, Deemed University under the Division of *Yoga* and Humanities and has successfully completed the required ‘Training’ in acquiring the pre-requisites in philosophy, emotions, personality, stress and verbal aggression related to *Yoga*. As per the norms and regulations of the University, he has completed the required “Course of Research” over two years to enable him to submit the thesis titled, “**EFFECT OF *ĀNĀPĀNASATI* MEDITATION ON ANXIETY, VERBAL AGGRESSION AND DEPRESSION – A RANDOMIZED CONTROLLED TRIAL**”.

We declare that the subject matter of the thesis titled, “**EFFECT OF *ĀNĀPĀNASATI* MEDITATION ON ANXIETY, VERBAL AGGRESSION AND DEPRESSION – A RANDOMIZED CONTROLLED TRIAL**” has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Dr. SUDHEER DESHPANDE, Ph.D

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DECLARATION

I, B. Sivaramappa hereby declare that the present study was conducted at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru under the guidance of Dr.Sudheer Deshpande, former Registrar, S-VYASA Yoga University, Bengaluru and Dr. Hongasandra R. Nagendra, Chancellor, Swami Vivekananda Yoga Anusandhana Samsthana, Deemed to be University, Bengaluru.

I also declare that the subject matter of my thesis titled, “**EFFECT OF *ĀNĀPĀNASATI* MEDITATION ON ANXIETY, VERBAL AGGRESSION AND DEPRESSION – A RANDOMIZED CONTROLLED TRIAL**” has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Date: 12-12-2020

Bengaluru

B. SIVARAMAPPA

(Research Scholar)

A C K N O W L E D G E M E N T S

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Date: 12-12-2020

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