

**A COMPARISON OF HIGH FREQUENCY YOGA BREATHING
(HFYB) WITH BREATH AWARENESS (BAW) AND AEROBIC
EXERCISE ASSESSING NEUROPLASTICITY BY GAMMA
OSCILLATION, BDNF LEVELS, AND COGNITIVE TASK
PERFORMANCE.**

Thesis

Submitted Towards Partial Fulfillment of

Doctor of Philosophy (Ph.D.) in Yoga

By

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