

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.Manjunath NK, Professor, Division of Yoga and Life Sciences, S-VYASA University, Bengaluru and Dr. Lokesh Bathala, Senior Consultant and Chief of Stroke and Neurosonology, Department of Neurology, Aster CMI Hospital, Cauvery Medical Centre, Bengaluru.

I also declare that the subject matter of my thesis entitled “**Impact of Selected Pranayama Techniques and a Yogic kriya on Cerebrovascular Hemodynamics and Cardiovascular Functions in Healthy Volunteers**” as not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Date: 28 October 2017

L.NIVETHITHA

Place: Bengaluru

(Candidate)