

## **CERTIFICATE**

This is to certify that Natesh Babu who has been given Ph.D. registration with effect from September 1<sup>st</sup>, 2009 by the Swami Vivekananda Yoga Anusandhana Samsthana, Deemed University under the Division of Yoga and Life Sciences has successfully completed the required 'training' in acquiring the relevant background knowledge in physiology, neurology and psychology related to Yoga and has completed the required 'course of research' for not less than two years to submit this thesis entitled "**YOGA FOR WORKING MEMORY IN ADOLESCENTS**" as per the regulations of the University.

We also declare that the subject matter of this thesis entitled "**YOGA FOR WORKING MEMORY IN ADOLESCENTS**" has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

**H. R. Nagendra M.E., Ph.D.**

Chancellor

(Guide)

Date:

Place: Bengaluru

## **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. H. R. Nagendra**, Chancellor, S-VYASA Yoga University, Bengaluru and

I also declare that the subject matter of my thesis entitled “**YOGA FOR WORKING MEMORY IN ADOLESCENTS**” has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Date: 29 November, 2014

Place: Bengaluru

**Natesh Babu**

(Candidate)

## **ACKNOWLEDGEMENT**

I express my profound gratitude to my guide Dr. H. R. Nagendra for his guidance and encouragement. His continuous support for my progress cannot be express in words.

My grateful acknowledgements are due to Dr. R. Nagarathna, Smt. Subhadra Devi, Prof. N.V.C. Swamy, Prof. Ramachandra Bhat, Sri. T. Mohan and Dr Sudheer Deshpande for their co-operation, spiritual guidance and emotional support.

I thank Dr. Subramanya Pailoor, our program coordinator for all his support. I also thank Dr. Balaram Pradhan, Dr. Rajesh S. K., and Dr. Judu Ilavarasu are helped me through regular discussion and supported me during all critical times. I also thank Dr. Itagi Ravi Kumar, Dr Amit and all my friends who helped me during various phases of my work. I am grateful to all the participants involved in my research as subjects.

I will be always grateful to my university Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) for its support in promoting my research career. I am indebted to my parents and family member for their inspiration, love, and support.

Finally, I thank the God for providing this right atmosphere to execute this work.

Date: 29 November, 2014

Place: Bengaluru

**Natesh Babu**