

DECLARATION

I, hereby declare that this study was conducted by me at Swami Vivekananda *Yoga* Anusandhana Samsthana, under the Division of *Yoga* and Humanities, SVYASA *Yoga* University (Deemed to be), Bangalore, under the guidance of Dr. M K Sridhar, Professor and Dean, Division of *Yoga* and Humanities, Swami Vivekananda *Yoga* Anusandhana Samsthana, Deemed to be University, Bangalore.

I also declare that the subject matter of my Thesis titled '**CONCEPT OF WAKING STATE (JĀGRAT), DREAM (SVAPNA), DEEP-SLEEP (SUṢUPTI), TURĪYĀ STATE IN THE MĀṆḌŪKYA UPANIṢAD AND IN COMPARISON WITH MODERN PSYCHOLOGY**' has not previously formed the basis of the award of any degree, diploma, associateship, fellowship or similar titles.

Date: 11 /01/ 2020
Place: Bangalore

Mrs. DURGA T K
MA (Psychology)

C E R T I F I C A T E

This is to certify that Ms. Durga T K who has been given PhD Registration No. PhD/NR /01/JAN10 With effect from January 12, 2010 by the Swami Vivekananda *Yoga* Anusandhana Samsthana *Yoga* University (Deemed to be) under the Division of *Yoga* and Humanities has successfully completed the required 'training' in acquiring the relevant background knowledge in philosophy and psychology related to *Yoga* and has completed the required 'Course of Research' for not less than three years to submit this title titled **'CONCEPT OF WAKING STATE (*JĀGRAT*), DREAM (*SVAPNA*), DEEP-SLEEP (*SUṢUPTI*), *TURĪYĀ* STATE IN THE MĀṆḌŪKYA UPANIṢAD AND IN COMPARISON WITH MODERN PSYCHOLOGY'** as per the regulations of this University (Deemed to be).

I also declare that the subject matter of this Thesis titled **'CONCEPT OF WAKING STATE (*JĀGRAT*), DREAM (*SVAPNA*), DEEP-SLEEP (*SUṢUPTI*), *TURĪYĀ* STATE IN THE MĀṆḌŪKYA UPANIṢAD AND IN COMPARISON WITH MODERN PSYCHOLOGY'** has not formed the basis of the award for any degree, diploma, associateship, fellowship or similar titles either in India or abroad.

Dr. M K Sridhar, MA., Ph.D
Professor and Dean
SVYASA *Yoga* University
Guide

Date: 09 / 01 /2020

Place: Bangalore

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

I express my sincere and deep gratitude to my guide Professor M K Sridhar, PhD, an internationally renowned Sanskritist, Indologist and Fulbright Scholar of the USA (2000), Professor and Dean, Division of *Yoga* and Humanities, SVYASA *Yoga* University (Deemed to be), Bangalore who gave me constant and immeasurable academic support for my PhD study: for his Himalayan patience, tremendous motivation and fathomless knowledge. His continuous guidance helped me in all the phases of research and writing of this Thesis. I could not have imagined a better advisor and mentor for my P.hD study.

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Thank you one and all for your best wishes and sincere prayers!

Date: 11 01 /2020

Place: Bangalore

Ms. Durga T K
M.Sc (*Yoga* Therapy), MA (Psychology)