



स्वामी विवेकानन्द योग अनुसंधान संस्थान
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Certificate

This is to Certify that Doctoral Committee confirms that this is an authentic approved copy of the thesis titled **“Impact of Yama & Niyama on Physiological & Psychospiritual Factors in Young Adults”** submitted by **Xu Wen** bearing **Registration No. SVYASA/PHDF/AUG18/12.**

The Viva-voce examination was conducted on Friday, 16th July 2021 through online google meet with session link: meet.google.com/exb-nuoq-pxe

The committee recommends the award of the PhD Degree.

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CERTIFICATE

This is to certify that Xu Wen who has been given PhD registration with effect from August 12, 2018, by the Swami Vivekananda Yoga Anusandhana Samsthana University under the division of Yoga and Physical Sciences has successfully completed the required training in acquiring the relevant background knowledge in Yogic Sciences related to yoga ethics, and has completed the required course of research to submit this thesis entitled 'Impact of Yama and Niyama on Physiological and Psychospiritual Factors in Young Adults' as per the regulations of the University.



Dr. Ravi Kumar Itagi, Ph.D

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Date:

Place:

DECLARATION

I, Xu Wen, hereby declare that this study was conducted by me at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru, with participants/subjects at Yogoda Satsanga Mahavidyalaya College in Ranchi, India, under the guidance of Dr. Ravi Kumar Itagi, Guide, SVYASA; and Dr. Thaiyar M Srinivasan, Co-guide, SVYASA.

I also declare that the subject matter of my thesis entitled “IMPACT OF YAMA AND NIYAMA ON PHYSIOLOGICAL AND PSYCHOSPIRITUAL FACTORS IN YOUNG ADULTS” has not previously formed the basis of the award of any degree, diploma, associateship, fellowship or similar titles.

Place: Bengaluru

Date:



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