

**YOGA BIOMECHANICS IN FACILITATING
MUSCULAR FUNCTIONING AND MINDFULNESS
AMONG ASYMPTOMATIC MALE CRICKET PLAYERS**

Thesis submitted by

MANASA R RAO

PhD/RES/08/AUG 16

Towards the partial fulfillment of

DOCTOR OF PHILOSOPHY (YOGA)



SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA

(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

BANGALORE - 560 019

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Under the Guidance of

DR. RAVI KUMAR ITAGI

PROF. T M SRINIVASAN

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