



# स्वामी विवेकानन्द योग अनुसंधान संस्थान

## Swami Vivekananda Yoga Anusandhāna Samsthāna

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

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### Certificate

This is to Certify that Doctoral Committee confirms that this is an authentic approved copy of the thesis titled **“Yoga Biomechanics in facilitating muscular functioning and mindfulness among asymptomatic male cricket players”** submitted by **Manasa R Rao** bearing Registration No **PhD/RES/08/AUG16**.

The Viva-voce examination was conducted on Friday, 11<sup>th</sup> June 2021 through online google meet with session link: [meet.google.com/oht-kotz-fxi](https://meet.google.com/oht-kotz-fxi)

**The committee recommends the award of the PhD Degree.**

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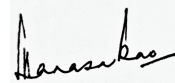
Dr. B. R. Ramakrishna  
Vice-Chancellor  
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# DECLARATION

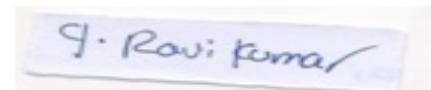
I, hereby declare that this study was conducted by me at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru, under the guidance of research supervisors - **Dr. Ravi Kumar Itagi** and **Prof. T M Srinivasan**, Division of Yoga and Physical Sciences, S-VYASA Deemed-to-be University, Bengaluru.

I also declare that the subject matter of my thesis entitled “**Yoga biomechanics in facilitating muscular functioning and mindfulness among asymptomatic male cricket players**”, has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Date: 11 June  
Place: Bengaluru



**MANASA R RAO**  
(CANDIDATE)



**DR. RAVI KUMAR ITAGI**  
(GUIDE)



**PROF. T M SRINIVASAN**  
(CO- GUIDE)

## Acknowledgements

My salutations, to the ancient art and science of *yoga* that has seeped and shaped our civilization and culture.

Last four years has taught me the real practice behind every *yogic* practice – patience and passion. While learning to inculcate patience and pursue my passion, there were immense help, advice, constructive feedback, encouragement, support and love from all the people surrounding me.

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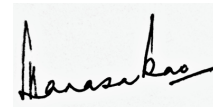
This would have been impossible without the kindness of Dr. Karuna Nagarajan, Mr. G K Anil Kumar, Mr. Anil Nagendra and Dr. Sushal Shantakumar who were more than delighted and supportive of this research.

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Finally, through these learning years, I have felt the grace and love of God in more ways than one.



Date: 11 June  
Place: Bengaluru

**MANASA R RAO**  
(Candidate)