

**EFFECT OF SHORT DURATION INTEGRATED CLASSROOM YOGA  
MODULE ON PHYSICAL FITNESS, COGNITIVE PERFORMANCE,  
EMOTIONAL WELL-BEING AND PERSONALITY  
CHARACTERISTIC MEASURES OF SCHOOL CHILDREN: A  
RANDOMIZED CONTROLLED TRIAL DESIGN**

Thesis Submitted for the Award of  
**DOCTOR OF PHILOSOPHY (YOGA)**

By

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**Registration No. (PhD/Cat2/02/Jan14)**

*Under the Guidance of*

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

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