



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 the Doctoral Committee confirms that this is an authentic approved copy of the thesis titled **"Effect of Short Duration Integrated Classroom Yoga Module on Physical Fitness, Cognitive Performance, Emotional Wellbeing and Personality Characteristic of School Children: Randomized Controlled Trial Design"** submitted by **Atul Sinha**, bearing Registration No. **PhD/Cat2/02/Jan14**.


The Viva-voce examination was conducted on Tuesday, 22nd March 2022 through online google meet with session link: meet.google.com/iqa-mrtz-tef

The committee recommends the award of the PhD Degree.



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CERTIFICATE

This is to certify that Mr. Atul Sinha, who has been given Ph.D. Registration No.: PhD/Cat2/02/Jan14 with effect from January, 2014 by Swami Vivekananda Yoga Anusandhana Samsthana, deemed to be University under the Division of Yoga and Humanity, has successfully completed the required training in acquiring the relevant background knowledge and has completed the required course of research for not less than three years to submit this thesis entitled “EFFECT OF SHORT DURATION INTEGRATED YOGA MODULE ON PHYSICAL FITNESS, COGNITIVE PERFORMANCE, EMOTIONAL WELL-BEING AND PERSONALITY CHARACTERISTIC MEASURES OF SCHOOL CHILDREN: RANDOMIZED CONTROLLED TRIAL DESIGN”, as per the regulations of the University.

We also declare that the subject matter of this thesis entitled “EFFECT OF SHORT DURATION INTEGRATED YOGA MODULE ON PHYSICAL FITNESS, COGNITIVE PERFORMANCE, EMOTIONAL WELL-BEING AND PERSONALITY CHARACTERISTIC MEASURES OF SCHOOL CHILDREN: RANDOMIZED CONTROLLED TRIAL DESIGN” has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

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Date: 21.04.2022

Place: Bengaluru