

**EFFECT OF INTEGRATED APPROACH OF YOGA THERAPY
PRACTICES ON HYPOTHYROIDISM: A RANDOMISED
CONTROLLED STUDY**

Thesis submitted for the award of

DOCTOR OF PHILOSOPHY (YOGA)

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Under the guidance of

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Towards partial fulfilment of Doctoral of Philosophy in *Yoga*

To



Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)

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