

**BIO-MECHANICS OF YOGĀSANAS:  
A STUDY OF ALIGNMENT AND PROFICIENCY**

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*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)

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