

DECLARATION BY THE CANDIDATE

I declare that the thesis entitled, “**YOGA FOR CONTROLLING HORMONAL ACTIVITIES IN PRE EXAMINATION ANXIETY**”, submitted for the degree of Doctor of Philosophy in Physical Education, is the record of work carried out by me during the period from 2010 to 2013 under the guidance of Dr.T.K.Bera and has not formed the basis for the award of any degree, diploma, associate-ship, fellowship, titles in this or any other university or other institution of higher learning. I, further, declare that the material obtained from other sources has been duly acknowledged in the thesis.

May, 2013

Signature of the Candidate
(GAURAV PANT)

CERTIFICATE OF THE GUIDE

CERTIFIED that the work incorporated in the thesis “**YOGA FOR CONTROLLING HORMONAL ACTIVITIES IN PRE EXAMINATION ANXIETY**” submitted by Mr Gaurav Pant was carried out by the candidate under my supervision/guidance. Such material, obtained from the other sources, has duly been acknowledged in the thesis.

May, 2013

Signature of Research Guide
(DR. T. K. BERA)

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May, 2013

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