DECLARATION

I hereby declare that the research done on the topic “A Study on the Effect of Selected Yogic Kriyas and Pranayamas on Selected Autonomic Functions (A Noninvasive Study)” is my original piece of work done by me. I have specified by means of reference, from where the information has been taken.

To the best of my knowledge this thesis is not substantially the same as those which have already been submitted for a degree or any other academic qualification at any other university or examination body in India or any other country.

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