DECLARATION

I, hereby declare that this study was conducted by me at Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), Bangalore, under the guidance of Dr. Nagarathna Raghuram, Dean of Life science and Dr. Padmalatha Venkatram, an obstetrician & gynecologist and Dr. H.R. Nagendra, Vice Chancellor, Swami Vivekananda Yoga Anusandhana Samsthana, Deemed University, Bangalore.

I also declare that the subject matter of my thesis entitled EFFECT OF INTEGRATED APPROACH OF YOGA THERAPY ON THE VASOMOTOR, COGNITIVE AND PSYCHOLOGICAL SYMPTOMS ON CLIMACTERIC SYNDROME has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Date: RITU CHATTHA
Place: Bangalore (Candidate)
Acknowledgement

My humble offerings to the unseen faculty, the supreme power who has made me worthy of this effort, keeping me blessed with all chosen, intellectual people.

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STANDARD INTERNATIONAL TRANSLITERATION CODE USED TO TRANSLITERATE SANSKRIT WORDS
| a  | å  | aì | ä  | i  | í  | u  | ú  | e  | ai | o  | au | m  | h  | ka | kha | ga | gha |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| अ  | आ  | आं  | अं  | इ  | इं  | उ  | उं  | ए  | ऐे  | ओ  | ऑे  | ओं  | ह  | क  | ख  | ग  | घ  |
| ना | न  | ना | ण  | ज  | जं  | या | यं | रा | रा | वा | वा | ष | हा | हा | हा | हा |
| प  | फ  | फा | फ  | ब  | बं | म  | मं | र  | ठ  | व  | स  | ष  | षा | ढ  | घ  | झ  |

**ABSTRACT**

Background

**STUDY - 1**