

**EFFECTS OF PRANAYAMA WITH MEDITATION ON SELECTED
PHYSIOLOGICAL AND PSYCHOLOGICAL
VARIABLES OF MALE STUDENTS**

**A THESIS
PRESENTED TO THE VIDYASAGAR UNIVERSITY
IN LIEU OF A THEORY PAPER
FOR THE DEGREE OF
MASTER OF PHYSICAL EDUCATION**

**BY
GANESH CHANDRA MAITY**

**DEPARTMENT OF PHYSICAL EDUCATION
MUGBERIA GANGADHAR MAHAVIDYALAYA
BHUPATINAGAR :: PURBA MEDNIPUR
W.B. PIN-721425
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CERTIFICATE

Certified that the thesis entitled “EFFECTS OF PRANAYAMA WITH MEDITATION ON SELECTED PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES OF MALES STUDENTS” prepared by Ganesh Chandra Maity has been completed under my supervision and guidance for submission in lieu of paper of course xiv for M.P.Ed sem in Examination 2016, of Vidyasagar University, Paschim Medinipur, W.B.

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