

**EFFECT OF YOGIC PRACTICE ON STRESS
MANAGEMENT OF ADULTS**

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

**BY
JAYASHRIDAS**

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MUGBERIA GANGADHAR MAHAVIDYALAYA
BHUPATINAGAR :: PURBA MEDINIPUR
W.B. PIN-721425**

JULY, 2016

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CERTIFICATE

Certified that the thesis entitled “EFFECT OF YOGIC PRACTICE ON STRESS MANAGEMENT OF ADULTS” prepared by **Jayashri Das** has been completed under my supervision and guidance for submission in lieu of paper of course xiv for M.P.Edsem in Examination 2016, of Vidyasagar University, PaschimMedinipur, W.B

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