

**IMPACT OF ASANAS ON HEALTH RELATED  
PHYSICAL FITNESS OF  
SCHOOL BOYS**

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

**BY  
SAMAR SAMANTA**

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

**JULY, 2016**

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**EXAMINED**

  
26.7.16

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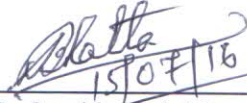
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*CERTIFICATE BY THE*

This is to certify that **Mr. Samar Samanta** is a regular student of Mugberia Gangadhar Mahavidyalaya under Vidyasagar University, in the session of 2014 -2016. He is a student of Master of physical education, semester-iv, carried out his research study under my supervision and guidance in partial fulfilment of the requirements for the master of physical education degree with his project titled "**Impact of Asanas on Health Related Physical Fitness of School Boys**" the material and data composed in this study are genuine and were collected by him.

  
15/07/16  
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