DECLARATION BY THE CANDIDATE

I, Aditya Gadewal, hereby declare that the dissertation entitled "A Comparative Effect of Different Ratio of Puraka, Kumbhaka and Rechaka in Suryahedana Pranayama on Circulatory and Respiratory Function" is my own work, conducted under the active guidance of Dr. A. S. Sisodia of Lakshmibai National Institute of Physical Education, Gwalior (M.P.), India.

I solemnly further declare that to the best of my knowledge and belief this research/dissertation does not contain any work or part thereof which has been submitted to any other University for any degree. Material used in this dissertation or quoted has been cited and duly acknowledged.

Signature ..................................

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