

**Impact of 6 weeks of yoga practices on
level of anxiety and mental health of
Elementary level students: A study**

A DISSERTATION

Submitted To

BARKATULLAH VISHWAVIDYALAYA, BHOPAL

in partial fulfillment of the requirement of

**the Degree of M.Ed (Ele. Edu.)
2006-2007**

BY

DINESH HILAL SONAWANE

GUIDE

Dr. K.K. Khare

Reader in Education

Co-Guide

Ms. Yashodhara Gupta

Lecturer in Education (Adhoc)

विद्यया ऽ मृतमश्नुते



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Regional Institute of Education (N.C.E.R.T.)

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सारे जीवन को अर्थ, अस्तित्व देने वाले,
सारे सवालों के जवाब देनेवाले ।
पहली साँस से आखरी साँस तक साथ देनेवाले ।
पानी से निर्मल, फूलों से कोमल ।
ममता का सागर

ऐसे मेरे माता-पिता के चरणों में समर्पित

DECLARATION

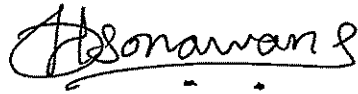
I do hereby that the dissertation entitled "Impact of 6 Weeks of Yogic Practices on Level of Anxiety and Mental Health of Elementary Level Students: A Study" has been carried out by me during the academic year 2006-2007 in partial fulfillment of the requirement for the Master Degree of Elementary Education of Barkatullah University, Bhopal.

This study has been conducted under the guidance and supervision of Dr. K.K. Khare, Reader in Education, RIE, Bhopal and Ms Yashodhara Gupta, Lecture in Education(Adhoc), RIE, Bhopal.

I also declare that this dissertation has not been submitted before either by me or by any other for the award of any other degree, in any university.

Place Bhopal

Date 13.4.07

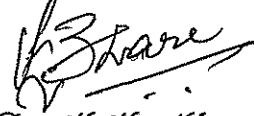


Dinesh Neeladevi Hilal Sonawane

C E R T I F I C A T E

This is to certify that Mr. Dinesh Hiral Sonawane, a student of M.Ed. (Elementary Education) course, of Regional Institute of Education, Bhopal in the year 2006-2007 has worked under our guidance. His dissertation *Impact of 6 Weeks of Yogic Practices on Level of Anxiety and Mental Health of Elementary Level Students: A Study*, is original and worthy of presentation in partial fulfillment of degree of Master of Education (Elementary Education) of Barkatullah University, Bhopal (M.P.). The present study is an outcome of his sincere efforts.

Guide




Dr. H. H. Khare

Reader in Education

Regional Institute of Education
Bhopal

Co-Guide



Mis. Yashodhara Gupta

Lecturer in Edu. (Adhoc)

Regional Institute of Education
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Place Bhopal

Date 13.4.07

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Place Bhopal

Date 13.4.07

Dinesh Neeladevi Hilal Sonawane

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RIE, Bhopal

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