

**EFFECT OF PRANAYAMA ON CARDIO REPIRATORY
FUNCATIONS OF HIGH SCHOOL GIRLS**

BY

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CERTIFICATE

I certify that the dissertation entitled “**Effect of Pranayama on Cardio Respiratory Functions of High School Girls**”. Was prepared by **POOJA H N** student of M.P.Ed. Degree course under my guidance and supervision. I recommend that this may be accepted as fulfilling the partial requirements for the award of Degree of Master of Physical Education (M.P.Ed.) in the University of Mysore, during the year 2019-2020.

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Place : Mysore

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