

COMPILATION OF RESEARCH

YOGA AND MENTAL HEALTH



S-VYASA

(SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA)

A YOGA UNIVERSITY



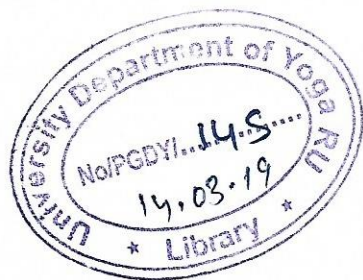
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VISION:

To combine the best of the East (Intellectual Wisdom)
with best of the West (Scientific Research)

MISSION:

To make Yoga a socially relevant science

