



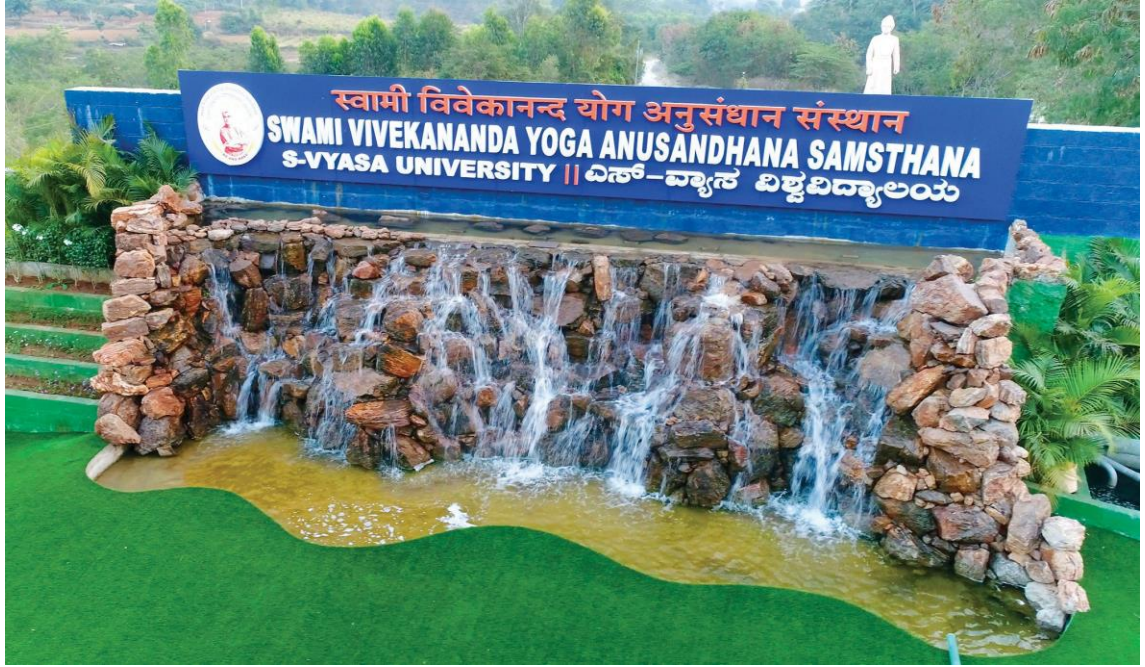
# 21<sup>st</sup> Convocation

Prashanti Kutiram | 12 Jan 2024



**S-VYASA**

**Swami Vivekananda  
Yoga Anusandhana Samsthana  
Deemed to be University  
Bengaluru, India**



Swāmi Vivekānanda Yoga Anusandhāna Samsthāna (S-VYASA) is a Deemed to be University established in the year 2002. Be and Make, is the motto of S-VYASA. It is to bring the holistic vision of Yoga and spiritual lore to one and all as a way of life which would bring Health and Wealth, Peace and Efficiency, Harmony and Growth to solve the problems of the modern society and to build ideal social order.

S-VYASA is an exclusive Yoga University based on the principle teachings of Swāmi Vivekānanda on education and research. The University is offering various Yoga courses where students undergo life training and character-building education with Yoga as a way of life. Here Gurukula way of education is combined with modern scientific approach. The emphasis is practical hands-on experience and in-depth research.

Every year on 12<sup>th</sup> January, commemorating Swāmi Vivekānanda Jayanti, we conduct convocation where degrees are awarded to students who have completed their courses successfully.

This year the 21<sup>st</sup> Convocation is being held in the gracious presence of Prof. T G Sitharam, Chairman, All India Council for Technical Education (AICTE), New Delhi; who will deliver the Convocation Address.

The convocation is unique in its way of traditional nature. We warmly welcome you all for the 21<sup>st</sup> Convocation...



# S-VYASA

Swami Vivekananda  
Yoga Anusandhana Samsthana  
Deemed to be University Bengaluru, India

## 21<sup>st</sup> Convocation

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[www.svyasa.edu.in](http://www.svyasa.edu.in)



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*We, the Vice-Chancellor, the Members of  
the Executive Council and Academic Council of*

**Swami Vivekananda  
Yoga Anusandhana Samsthana (S-VYASA)  
Deemed to be University**

*Request your esteemed presence at the*

## **TWENTY-FIRST CONVOCATION**

**At 9.30am on Friday, the 12<sup>th</sup> January, 2024**

**Chief Guest**

**Prof. T G Sitharam**

**Chairman,  
All India Council for Technical Education (AICTE)  
New Delhi.**

*Will deliver the Convocation Address*

**Dr. H R Nagendra**

**Chancellor  
will Award the Degrees**

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**Prof. S. Siva Sankara Sai**  
Registrar

**Dr. B R Ramakrishna**  
Vice-Chancellor

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**Venue: Samskriti Bhavanam, 'Prashanti Kutiram'**  
Giddenahalli, Jigani Hobli, Anekal Taluk, Bengaluru - 560 105  
*Ph: 080-2263 9999 | Email: registraroffice@svyasa.edu.in*  
**www.svyasa.edu.in**

*\*Participants are requested to follow Covid-19 Protocol.*







## Message from the Chancellor

As we commemorate 22 years of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), a landmark occasion celebrating our journey dedicated to Yoga and pioneering research in India, it fills me with immense pride to share our evolution and ventures that continue to shape our commitment to holistic wellness and education.



S-VYASA stands as a beacon, offering a diverse spectrum of educational avenues, ranging from Undergraduate to Doctoral courses across five pivotal Divisions: Yoga-Spirituality, Yoga-Life Sciences, Yoga-Physical Sciences, Yoga-Management Studies, and Yoga-Humanities. With an illustrious record of nearly 1000 research publications, we've been at the forefront, showcasing the manifold benefits of Yoga to a wide audience.

Our ethos, deeply rooted in the teachings of Swami Vivekananda, is to harmonize the best of Eastern traditions with Western knowledge. This harmonization has led us to evolve and standardize curricula that blend modern education systems with the timeless wisdom of ancient Indian lore. Our interdisciplinary approach aligns seamlessly with the essence of the National Education Policy-2020 (NEP), a long-awaited initiative aimed at nurturing self-reliant, socially conscious, and practically oriented minds in Bharat.

Amidst these endeavours, I'm delighted to share the strides made by S-VYASA's Centre for Open and Digital Learning (CODE). CODE has been instrumental in designing courses focused on bolstering immunity and combating the ongoing pandemic, both in India and internationally, a testament to our commitment to societal well-being.

The Niyantrita Madhumeha Bharat (NMB) Abhiyan has brought forth remarkable dividends and accolades for us. To ensure sustained impact, we've extended our efforts with long-term follow-ups in nearby villages, particularly Prashanti Kutiram, to examine the sustainability and reversibility of Diabetes in our community. We also took up Yoga for Covid research in 4 countries and several states of India. We have been able to demonstrate the usefulness of special techniques of Pranayama for Covid with good publications. Building on this success, our latest venture delves into addressing Hypertension. Establishing an International and National Research Advisory Board, we have prepared the Yoga protocol and the whole research proposal and passed it in our Ethics committee and getting the approval of CTRI. And we take up the Pan-India NRB (Niyantrita Raktachapa Bharat) as NMB with greater rigour so that we will be able to publish the outcome in the best Journals.



Collaborating with NIMHANS, we've continued the Certificate course in Integrative medicine and the second batch of nearly 30 doctors are undergoing a new vision into their practice. Spearheaded by the Director of NIMHANS and the department of IM, the on-line courses are ending with their practical training in NIMHANS and at our Prashanti Kutiram Campus.

Additionally, courses such as Ayurvedic Lifestyle Management, Health Care Management, BSc, and MSc (Vedic Therapy) have been launched, underscoring our commitment to advancing academic and research pursuits while fortifying our societal contributions.

In our pursuit of uncovering the mysteries of Purva Mimamsa, the establishment of the "Varahamihira Advanced Centre of Vedic Technology Research" marks a significant milestone. This Centre, led by our esteemed former Vice Chancellor by Dr. Ramachandra Bhat as its Director, embodies our dedication to exploring ancient knowledge in contemporary times. We are in the process of standardising the protocols for Pujas, Homas, etc. relevant to the key NCDs. And we have also developed a very good Scientifically developed medical Astrology course by Dr Swami Jagadatmanandaji and a special Software for Diagnosis of 5 different NCDs. We are in the process of collecting huge data for its usefulness.

As our efforts continue to expand, we have launched our School of Physio-therapy and started BPT on one hand and Sports medicine on the other hand. The first of its kind International conference organised as our 15th INCOFYRA has become a breakthrough effort to bring to light the usefulness of AYUSH system for prevention of Injuries of Sports personnel, to quickly remedy the Injuries and to enhance the capacities of the Sports personnel.

As Chancellor of this esteemed University, I am thrilled to affirm our unwavering dedication to extending Yoga Therapy and Vedic Therapy to every corner of our great nation, Bharat, as a service to students, parents, and society at large.

On this occasion, I extend heartfelt gratitude to the entire S-VYASA fraternity and all supporters, directly or indirectly contributing to the establishment of this institution as a pinnacle of excellence that transcends boundaries.

*With Love,*

**Dr. H R Nagendra**

Chancellor, S-VYASA



## Message from the Vice Chancellor

It gives me an immense pleasure and joy to congratulate all the graduands receiving their degrees during the 21st Convocation of S-VYASA, Deemed to be University, Bengaluru on 12th January 2024, which is the 160th birthday of Sri Swami Vivekananda, the most revered saint, monk and the embodiment of complete social and spiritual dignity of the World.



I also congratulate the teachers and parents who have contributed immensely for the successful completion of respective courses. This day is most important and auspicious as the whole country is celebrating Swamiji's birthday as the National Day of Youth. The students who are receiving different degrees in this University will be directly connected to contribute for health, happiness, and harmony among individuals and society.

The world is looking forward to India for future guidance in terms of health, wellness, happiness, and harmony, which is possible only through the life style prescription and soft power of Yoga and Spirituality. Our mission is to integrate the best of the east and the best of the west to spread a novel package of wellness and welfare programs to the whole community. On this occasion, I appreciate the hard work of students and faculties. I am sure the graduates who are transforming to become graduates by receiving degrees from this University will have a bright future in their careers and life.

Arise, Awake and do not Stop till you reach the Goal.

*With Pranams,*

**Dr. B R Ramakrishna**

Vice Chancellor, VYASA



# Convocation Procedure

Swami Vivekananda Yoga Anusandhana Samsthana  
(S-VYASA) Bengaluru, Karnataka

21st Annual Convocation at Samskriti Bhavan

Friday, 12th January, 2024

Sl. No.	Time	Event
1	9.30 AM	Arrival & presenting convocation stoles to Deans of Divisions, Members of Executive Council, members of Academic Council, Recipients of Honorary degrees
	9.45 AM	Arrival of the Chief Guest. Receiving by Vice-Chancellor, Pro-Vice-Chancellor, Registrar, Dean of Academics & Controller of Examination
	9.46 AM	Arrival of the Chancellor. Receiving by Vice-Chancellor, Pro-Vice-Chancellor, Registrar, Dean of Academics & Controller of Examination
	9.47 AM - 9.48 AM	Presenting Convocation Stoles to the Chief Guest & Chancellor
2	9.49 AM - 9.58 AM	Convocation procession begins from Yoga Vinayaka Temple; Reaches Samskriti Bhavan; Welcoming of the convocation procession by the Assembly
3	10.00 AM - 10.02 AM	Vande Mataram
4 a	10.03 AM - 10.04 AM	Vice-Chancellor requests the Chancellor "Hon'ble Chancellor I have the privilege of requesting you to kindly declare the Convocation open".
4 b	10.04 AM - 10.05 AM	The Chancellor declares: This Convocation of S-VYASA, Bangalore has been called to confer Degrees upon the candidates who successfully completed the examinations and are certified to be worthy of receiving degree. I declare the Convocation open.
5	10.05 AM - 10.15 AM	Welcome and a brief report on the achievements of the University. Introduction of the Chief Guest by the Vice-Chancellor.
6	10.20 AM - 10.25 AM	Report of the details of the Degrees to be conferred - by Controller of Examination
7	10.25 AM - 10.26 AM	Acceptance by members on the stage by chanting Om.
8	10.26 AM - 10.27 AM	Chancellor will say "By virtue of the authority vested in me as the Chancellor of SVYASA University, I hereby confer the Degrees on these candidates. Please present the candidates"



Sl. No.	Time	Event
9	10.28 AM - 10.55 AM	<p><b>Reading out the names of awardees of various degrees</b></p> <ul style="list-style-type: none"> <li>• D.Sc. and D.Litt. (Honoris causa) by Pro-Vice Chancellor &amp; Director of Research - Dr. Manjunath N K (and a brief speech by the recipients)</li> <li>• Ph.D graduands - Dean of Academics - Dr. Ramesh Mavathur</li> <li>• M.D. graduands: Principal of TSYNM - Dr. Apar Saoji</li> </ul> <p><b>Dean will announce graduands of:</b></p> <ul style="list-style-type: none"> <li>• Regular programs: M.Sc (YT) &amp; M.Sc (YVT), BNYS, B.Sc. (YT), B.Sc (YC) and</li> <li>• ODL programs: M.Sc (Yoga) and B.Sc (Yoga)</li> </ul> <p>(Approval by the Chancellor and other officers)</p>
10	10.55 AM - 11.00 AM	<i>Guru Upadesha (Shishya anushasanam)</i> – Dean of Spirituality – Dr. Jayaraman
11	11.00 AM - 11.10 AM	Administering oath to the graduates – Dr. Jyoti Ramesh Singh, Ph.D. Awardee
12	11.10 AM - 11.15 AM	Announcements of Prize winners: Controller of Examination - Dr. Sony Kumari
13	11.15 AM - 11.20 AM	Address by Valedictorian: Dr. Chidananda Kaligal, Ph.D. Awardee
14	11.25 AM - 11.30 AM	Address by the Revered Chancellor – Dr. H R Nagendra
15	11.35 AM - 12.10 PM	Convocation Address by Chief Guest– Prof. T.G. Sitharam, Chairman, All India Council for Technical Education (AICTE), New Delhi
16	12.10 PM - 12.12 PM	Signing of the scroll by the Chancellor
17 a	12.12 AM - 12.17 PM	Vote of Thanks by Registrar
17 b	12.17 PM - 12.18 PM	Vice Chancellor requests the Chancellor “I have the honor to request you sir, to dissolve the Convocation”.
18	12.18 PM - 12.19 PM	Chancellor says: “I dissolve the Convocation.
19	12.19 PM -12.21 PM	National Anthem and closing prayer.
20	12.22 PM	Chief Guest Leaves the Auditorium and all the graduates stay back
21	12.23PM	Presentation of certificates to: M.Sc (YT), M.Sc(YVT), BNYS, B.Sc. (YT), B.Sc (YC), M.Sc. (Yoga) and B.Sc. (Yoga)–ODL.





## Chief Guest Address

### Prof. T G Sitharam

Chairman

All India Council for Technical Education (AICTE), New Delhi

Namaskar! Greetings and Happy New year 2024. I extend my warm greetings and Pranam's to:

- Dr H R Nagendra, Chancellor at SVYASA
- Dr.B R Ramakrishna, Vice Chancellor
- Dr. Prahlada Ramarao, Pro Chancellor
- Dr. K Subrahmanyam, Advisor
- Prof. S. Siva Sankara Sai, Registrar
- Dr. N.K. Manjunath, Pro Vice Chancellor & Director, Research
- The distinguished Directors, Deans, Faculty Members
- Students and their proud parents....

This morning feels so refreshing and energetic. I am truly very happy to be at Swami Vivekananda Yoga Anusandhana Samsthana to attend the 21st Convocation ceremony on the grand occasion of the birth anniversary of Swami Vivekananda, one of the most influential philosophers and social reformers of India. I convey my heartiest congratulations to the Graduates of SVYASA and their proud parents. It feels so privileged to visit SVYASA, which is a unique Yoga University translating the vision and teachings of Swami Vivekananda to action through academic higher education programs. My young friends, you are lucky to complete your graduation from the most prestigious University which stands by its vision and mission which is **BE and MAKE**. Friends, whatever you have learned here at SVYASA will go along with you forever. You are the pillars to carry forward the legacy of SVYASA to future generations, and make them aware about the importance, significance and benefits of Yoga in their lives.

Friends, do not consider this day as the end of your learning phase, instead term your graduation as the stepping stone to change the lives of many people around you. The learnings and discipline instilled in you at SVYASA will contribute to the well-being of many.



We all know that SVYASA has adopted the concept of Yoga and its applications to meet the challenges of modern society based on the teachings of Swami Vivekananda. SVYASA is doing a commendable job of making Yoga as a socially relevant Science. The mission of VYASA is to combine the best of the East (Yoga and Spiritual lore) with that of the West (modern scientific research). SVYASA is working on an objective to provide for research and for the advancement and dissemination of all the streams of yoga and its applications to offer solutions for major challenges of the Globe. I truly appreciate the efforts of SVYASA that they put in “To combine the best of the East (Yoga and spiritual lore) with the best of the West (Modern scientific research) wherein, the science and spirituality are amalgamated for peaceful and mutually useful society” for Self- Reform. It is also the day, we pay our respects to the chancellor of SVYASA University Dr. H R Nagendra Guruji, who pioneered the *Cyclic meditation*, a yoga technique where the practitioners perform slow conscious physical movements. He turned 80 years old on Jan 1, 2023 and our best greetings to him for his contributions to Yoga.

Friends, the importance of Yoga in our life is no less than a miracle. Today, a lot of countries have understood the significance of Yoga but many would be surprised to know that Yoga was first mentioned in ancient sacred texts called the *Rig Veda*. It was refined and developed by Rishis who documented their practices and beliefs in the Upanishads, a huge work containing over 200 scriptures. Yoga is amongst the six schools of philosophy in Hinduism, and is also a major part of Buddhism and its meditation practices. Yoga is a 5,000-year-old tradition from India that combines physical, mental and spiritual pursuits to achieve harmony of the body and mind.

I would like to mention before my young friends that on 11th December 2014, the United Nations General Assembly declared June 21st as the International Day of Yoga. The declaration came at the behest of the Hon’ble Prime Minister, Narendra Modi during his address to the UN General Assembly on September 27, 2014, wherein he stated: "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and nature". Suggesting June 21, which is the Summer Solstice, as the International Day of Yoga, Narendra Modi had said: "The date is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world."

Friends, under the leadership of PM Narendra Modi, India is taking major steps to revive



our culture and roots in every field. Indian culture is all about sustainability and striving for the welfare of all. In order to become the Knowledge power in this century, it is imperative that we understand our heritage and teach the world the 'Indian way' of doing things. The Ministry of Education has established the Indian Knowledge System (IKS) Division in AICTE in 2020 with a vision to promote interdisciplinary and transdisciplinary research on all aspects of Indian Knowledge Systems (IKS), preserve and disseminate IKS knowledge for further research and societal applications. The Indian Knowledge Systems comprise of Jnan, Vignan, and Jeevan Darshan that have evolved out of experience, observation, experimentation, and rigorous analysis. Honorable PM has given clarion call on Dec 11, 2023 to submit ideas at MYGov website from all the youth of the nation while launching “Vikasit Bharat @2047: Voice of the Youth”.

I would also like to highlight a few words on the emergence of advanced technologies like AI etc. Friends, AI is indeed transforming various aspects of our lives, and while it offers incredible potential, there are concerns about its impact on jobs, decision-making, and society as a whole. As machines and AI systems become more advanced, there's an uncertainty of jobs in some sectors. However, I always feel that instead of creating a fear of losing something, one should embrace change and adapt to new ways of sustainability and growth. Also, in the context of emerging technologies, it becomes crucial for students to understand the importance of humaneness, emotional intelligence, and social well-being. While machines excel in tasks involving data processing, pattern recognition, and computation, they lack the innate human abilities of empathy, creativity, critical thinking, and emotional understanding. Therefore, students need to develop these humane skills alongside technical knowledge.

Friends, AICTE is very particular about introducing Human Values among students through education. With the help of industry-academia experts, AICTE has even framed the curriculum for Minor Degree in Universal Human Values (UHV) to develop teachers, parents and policy makers of tomorrow who will have a humane worldview along with technical skills and strive to ensure value-based living for themselves as well as the society.

Apart from that, AICTE is engaged in various activities and programs to enhance the quality of technical education and promote innovation among students. Some of the key initiatives undertaken by AICTE are:

- Induction Programs for new students entering technical institutions. These programs aim to orient students towards their chosen field of study, provide



them with an understanding of the curriculum, and introduce them to the institution's culture and facilities.

- AICTE encourages and facilitates internships for students in collaboration with industries. More than 2 crore students are registered on AICTE Internship portal with over 75,000 companies offering internships.
- Similarly AICTE has a placement portal for rural and tribal area students. More than 2,000 companies are offering jobs on the portal.
- AICTE also promotes entrepreneurship and innovation through various initiatives such as the Atal Incubation Centers (AICs) and Startup Policy Implementation. These programs provide support, funding, mentoring, and infrastructure to students and aspiring entrepreneurs to incubate and nurture their startup ideas.

Friends, AICTE is doing everything possible to equip the students with advanced skills and technologies, to make them future ready and inculcate the values of entrepreneurship among them.

I would also like to mention that the AICTE association with S-VYASA is not new. We both are being associated for some good projects like SWAYAM Yoga online credit courses by AICTE, which have been designed by S-VYASA University. Also, as part of ongoing commitment to promote a healthy and balanced lifestyle for office staff, AICTE is running yoga sessions at our workplace in New Delhi, which is again in close coordination with SVYASA.

I encourage young minds of our country to go through the portal of Indian Knowledge System and get an idea of how it works. Friends I advise you all to never stop the urge to learn more. Always be curious to explore and evolve in your career.

Lastly, I convey my heartiest congratulations to the Graduates of SVYASA. Each one of you has received a formal recognition in the form of a degree that will empower you to become a great achiever and will make your parents proud and your Alma mater proud of you for years to come. However, as you celebrate your achievements, do not forget the support systems that have been the bedrock of your success. Your families, professors, mentors, and friends have been our guiding lights, offering unwavering encouragement, wisdom, and



love. Their sacrifices and belief in our abilities have brought you to this momentous day.

My dear young ladies and gentlemen, the world is big. You have plenty of opportunities before you. You deserve to be proud of this achievement, and to take this opportunity to celebrate. Let your dream be your wings to carry you into the future. As you embark on this new chapter, dare to dream, strive for excellence, and always remember the lessons learned within these walls. May your future be filled with boundless opportunities and may you continue to make us proud. Also, do not forget the objective of S-VYASA which is to undertake extra-mural studies, extension programs and field-outreach activities to contribute to bring Peace, Poise, Harmony, Love, Health & Happiness.

Once again Congratulations to all of you. Good luck and good health to all of you.

Thank You! Jai Hind, JAI BHARAT.

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### शिष्यानुशासनम्

वेदमनूच्याचार्योऽन्तेवासिनमनुशास्ति । सत्यं वद । धर्मं चर । स्वाध्यायान्मा प्रमदः । आचार्याय प्रियं धनमाहृत्य प्रजातन्तुं मा व्यवच्छेत्सीः । सत्यान्न प्रमदितव्यम् । धर्मान्न प्रमदितव्यम् । कुशलान्न प्रमदितव्यम् । भूत्यै न प्रमदितव्यम् । स्वाध्यायप्रवचनाभ्यां न प्रमदितव्यम् । देवपितृकार्याभ्यां न प्रमदितव्यम् । मातृदेवो भव । पितृदेवो भव । आचार्यदेवो भव । अतिथिदेवो भव । यान्यनवद्यानि कर्माणि । तानि सेवितव्यानि । नो इतराणि । यान्यस्माकं सुचरितानि । तानि त्वयोपास्यानि । नो इतराणि । ये के चारुमच्छ्रेयांसो ब्राह्मणाः । तेषां त्वयाऽसनेन प्रश्रसितव्यम् । श्रद्धया देयम् । अश्रद्धयाऽदेयम् । श्रिया देयम् । हिया देयम् । भिया देयम् । संविदा देयम् । अथ यदि ते कर्मविचिकित्सा वा वृत्तविचिकित्सा वा स्यात् । ये तत्र ब्राह्मणाः संमर्शिनः । युक्ता आयुक्ताः । अलूक्षा धर्मकामाः स्युः । यथा ते तत्र वर्तेरन् । तथा तत्र वर्तेथाः । अथाभ्याख्यातेषु । ये तत्र ब्राह्मणाः संमर्शिनः । युक्ता आयुक्ताः । अलूक्षा धर्मकामाः स्युः । यथा ते तेषु वर्तेरन् । तथा तेषु वर्तेथाः । एष आदेशः । एष उपदेशः । एषा वेदोपनिषत् । एतदनुशासनम् । एवमुपासितव्यम् । एवमु चैतदुपास्यम् ॥

- तैत्तिरीयोपनिषत्







The Controller of Examinations, Dr. Sony Kumari will come to the rostrum and say – “Hon’ble Chancellor, I propose that, the number of Graduands will receive the Degree

S. No	Program	No. of students receiving Degree
1	Degree of Doctor of Science (Yoga)	01
2	Degree of Doctor of Letters (Yoga)	02
3	Doctor of Philosophy (Yoga)	15
4	Doctor of Medicine (MD in Yoga)	06
5	Master of Science (Yoga Therapy, Yoga & Vedic Therapy and Yoga)	368
6	Bachelor of Naturopathy and Yogic Sciences (BNYS)	64
7	Bachelor of Science (Yoga Therapy, Yoga & Consciousness and Yoga)	76



## List of Awards

<b>Sr. No.</b>	<b>Program</b>	<b>Awards</b>	<b>Name of the Candidate</b>
1	Doctor of Philosophy	Academic Excellence Award in <b>PhD</b> Program	Chidananda Kaligal
2	Master of Science (Yoga Therapy)	Academic Excellence Award for <b>Overall Topper</b> in <b>MSc-Yoga Therapy</b> Program	Yadav Brijeshkumar Bahadur
3	MSc (Yoga and Vedic Therapy)	Academic Excellence Award for <b>Overall Topper</b> in <b>MSc-Yoga and Vedic Therapy</b> Program	Sonia Yadav
4	Bachelor of Science (Yoga Therapy)	Sitaram Jindal Academic Excellence Award for <b>Overall Topper</b> in <b>BSc-Yoga Therapy</b> Program	Jyoti
5	Bachelor of Naturopathy and Yogic Sciences (BNYS)	Sitaram Jindal Academic Excellence Award for <b>Yoga Subjects</b> in <b>BNYS</b> Program	Soumya Raghunath Shanbhag
6	Bachelor of Naturopathy and Yogic Sciences (BNYS)	Academic Excellence Award for <b>Modern Subjects</b> in <b>BNYS</b> Program	Sri Ranjani S L
7	Bachelor of Naturopathy and Yogic Sciences (BNYS)	Academic Excellence Award for <b>Naturopathy Subjects</b> in <b>BNYS</b> Program	Shivakameshwari D
8	Master of Science (Yoga) - ODL	Academic Excellence Award for <b>Overall Topper</b> in <b>MSc-Yoga (ODL)</b>	Prakriti Bohra
9	Bachelor of Science (Yoga) - ODL	Academic Excellence Award for <b>Overall Topper</b> in <b>BSc-Yoga (ODL)</b>	Radhika N



## Doctor of Science (D.Sc.)

### Dr. GAUTAM SHARMA (National Category)

Dr. Gautam Sharma is a Professor of Cardiology at All India Institute of Medical Sciences (AIIMS), New Delhi. Dr. Sharma did his M.D in Internal Medicine from PGIMER Chandigarh and Fellowship (DM) in Cardiology from AIIMS, New Delhi. His Post-Doctoral Fellowship in Cardiac Electrophysiology was at the Royal Adelaide Hospital, Australia. At India's largest tertiary care Medical Institute, he practices as an interventional cardiologist with expertise in complex coronary interventions and radio-frequency ablation for cardiac arrhythmias, his area of interest being Atrial Fibrillation. Dr. Sharma has authored several scientific publications in leading peer-reviewed journals and is a regular speaker at national and international forums. He is passionate about integrating Yoga and Indian traditional medicine with modern medicine. He is heading the Center for Integrative Medicine and Research at AIIMS and is leading the research initiative in this field.



## Doctor of Letters (D.Litt)

### Dr. RAJIV MALHOTRA (International Category)

Dr. Rajiv Malhotra is an Indian American researcher, author, speaker, thinker, and public intellectual on contemporary issues as they relate to civilization, cross-cultural encounters, spirituality, and science. He studied Physics at St. Stephens College in Delhi and did his post-graduate education in Physics and then Computer Science in the USA. After a successful corporate career in the US, he became an entrepreneur and founded and ran several IT companies in 20 countries. Since the early 1990s, he has been researching civilizations and their engagement with technology from a historical, social sciences, and mind sciences perspective. He has authored several best-selling books, including "Being Different: An Indian Challenge to Western Universalism", "Breaking India: Western Interventions in Dravidian and Dalit Fault lines", "Indra's Net: Defending Hinduism's Philosophical Unity", and "The Battle for Sanskrit: Is Sanskrit Political or Sacred, Oppressive or Liberating, Dead or Alive?". His latest book on AI is titled, "Artificial Intelligence and the Future of Power: 5 Battlegrounds", in which India is the case study to analyze the





impact of AI in a variety of domains. Infinity Foundation, founded by Dr. Malhotra in Princeton, USA, has published a 14-volume series on the History of Indian Science & Technology. He has disrupted the mainstream thought process among academic and non-academic intellectuals alike by providing fresh provocative positions on Dharma and on India. Some of the focal points of his work are: Interpretation of Dharma for the current times; comparative religion; globalization and India's contributions to the world. He has authored a large number of articles, published 1,000 video lectures, and provided strategic guidance to numerous organizations. He also serves as Chairman of the Board of Governors of the Center for Indic Studies at the University of Massachusetts, Dartmouth, and is a visiting professor at Jawaharlal Nehru University. He is on the Advisory Board of the Indian Institute of Advanced Studies, Shimla.

## **Dr. LEELA PRAKASH** **(National Category)**

She has Master's and Doctorate degrees in Sanskrit and Master's degree in Psychology. She is a renowned Carnatic musician, poet and daughter of world renowned Sanskritist and Indologist Prof. Keralapura Krishnamoorthy, former Chairman of PG Dept. of Sanskrit, Karnataka University, Dharwad. She taught Sanskrit, Ayurveda and Yoga in several colleges in Mysore and Bangalore. She established Dr. K. Krishnamoorthy Foudation (R), Mysore in 2011 and organized several state and national conferences on Sanskrit language & literature, Ayurveda & Yoga and honored eminent Sanskritists every year. She has authored 10 works in Sanskrit apart from publishing and re-publishing 50 works of her late father with scholastic prefaces by her. She has given invited talks in various universities in Karnataka State, UK, Europe and USA. Recently a felicitation volume namely 'Leelabhinandana' was released in Mysore when she turned 60 years of fruitful life. She is the recipient of several state awards.







## PhD Scholars

### 1. P KRISHNA CHAITANYA

**Thesis Title:** Yoga For Smartphone Addiction

**Guide:** Dr. Deepeshwar Singh, **Co-Guide:** Dr. Rajesh S.K



#### **Publications:**

1. Putchavayala, C. K., Singh, D., & Sashidharan, R. K. (2022). A perspective of yoga on smartphone addiction: A narrative review. *Journal of family medicine and primary care*, 11(6), 2284. Swamy, H. D., & Agoramoorthy, G. (2022). Evolution of yoga: From spiritual uplift to business outburst. *Yoga Mimamsa*, 54(1), 36.
2. Putchavayla, C.k., Rajesh, S. K., & Singh, D. (2022). Development, Content Validation, and Feasibility of Yoga Module for Smartphone Addiction. *Advances in Mind-body Medicine*, 36(2), 14-22.
3. Putchavayala, K. C., Sasidharan, K. R., Krishna, D., & Deepeshwar, S. (2023). Correlation between Excessive Smartphone usage, Basic Psychological Needs, and Mental Health of University Students. *Journal of Mental Health and Human Behaviour*, 28(1), 65-71.

### 2. CHIDANANDA KALIGAL

**Thesis Title:** Prefrontal oxygenation changes associated with working memory following yoga practice in type 2 diabetes mellitus patients

**Guide:** Dr. Deepeshwar Singh



#### **Publications:**

1. Kaligal, C., Kanthi, A., Vidyashree, M., Krishna, D., Raghuram, N., Hongasandra Ramarao, N., & Deepeshwar, S. (2023). Prefrontal oxygenation and working memory in patients with type 2 diabetes mellitus following integrated yoga: a randomized controlled trial. *Acta Diabetologica*, 60(7), 951-961
2. Kaligal, C., Kanthi, A., Mahadevappa, V., & Deepeshwar, S. (2022). Influence of Yoga on Cognitive Functions in Individuals with Mental Disorders: A Systematic Review of Randomized Controlled Trials. *Integrative and Complementary Therapies*, 29(1), 15-24.
3. Chidananda, K., Singh, D., Amit, K., Mahadevappa, V., & Krishna, D. (2023). Yoga Practice Facilitates Prefrontal Oxygenation and Working Memory in Type 2 Diabetes Mellitus Patients: A Pilot Study. *Advances in mind-body medicine*, 37(2), 24-31



### 3. VENKATESAN. R



**Thesis Title:** Role Of Yoga On Psychological Profile Of Emerging Adults And Its Implication On Implicit Attitude Towards Engineering.

**Guide:** Dr. Judu V Ilavarasu

#### **Publications:**

1. R, V., & Judu, I. (2021). Patanjali Yoga Sutra and Thirumoolar Thirumandiram a comparative study. International Research Journal of Tamil, 3(4), 32-43. <https://doi.org/10.34256/irjt2145>
2. Venkatesan R, Ilavarasu J (2022) Effect of Simplified Kundalini Yoga Meditation on Engineering Students: An EEG Study. Indian Journal of Science and Technology 15(24): 1180-1186. <https://doi.org/10.17485/IJST/v15i24.751>
3. Venkatesan R, Ilavarasu J. Parenting styles and dimensions of emerging adulthood in yoga and nonyoga practitioners. J Appl Conscious Stud [serial online] 2022 [cited 2023 Jul 20];10:134-9. Available from: <http://www.jacsonline.in/text.asp?2022/10/2/134/360863>.

### 4. USHA MOHAN.B.P

**Thesis Title:** Research-Effect Of Bhramari Pranayama And Mind Wandering On Auditory Evoked Potentials.

**Guide:** Dr. Judu Ilavarasu

**Co-Guide:** Dr. T M Srinivasan, Dr. Yamini B K, Dr. Aravind Kumar R



#### **Publications:**

1. Bhramari Pranayama as an aid to meditation: A review of classical yoga texts Published in International Journal of Yoga - Philosophy, Psychology and Parapsychology. Published by SVYASA
2. A Framework of Measurable Features of Bhramari Pranayama Leading to Meditation Published in Indian Journal of Science & Technology Published by Indian Society for Education and Environment (iSee) Web of Science.
3. Nitric Oxide, Humming, and Bhramari Pranayama Published in Indian Journal of Science & Technology. Published by Indian Society for Education and Environment (iSee), Web of Science.



## 5. KRISHNA

**Thesis Title:** Changes In Cortical And Autonomic Activities During Heartfulness Meditation: A Cross-Sectional With An Immediate Effect Study

**Guide:** Dr. Deepeshwar Singh



### **Publications:**

1. Krishna, D., Prasanna, K., Angadi, B., Singh, B. K., Anurag, S., & Deepeshwar, S. (2022). Heartfulness Meditation Alters Electroencephalogram Oscillations: An Electroencephalogram Study. *International journal of yoga*, 15(3), 205–214.
2. Krishna, D., Singh, D., & Prasanna, K. (2022). A cross-sectional study on impulsiveness, mindfulness, and World Health Organization quality of life in heartfulness meditators. *Yoga Mimamsa*, 54(1), 24-30.
3. Krishna, D., Prasanna, K., & Singh, D. (2022). Association between impulsiveness and quality of life among heartfulness meditators: A cross-sectional study. *Indian Journal of Mental Health*, in Press.

## 6. JYOTI AMIT SINGH

**Thesis Title:** Yoga As An Add On Intervention To The Conventional Management Of Ankylosing Spondylitis: A RCT Study

**Guide:** Dr. Kashinath Metri, **Co-Guide:** Dr. Padmini Tekur



### **Publications:**

1. Singh, J., Metri, K., Tekur, P., Mohanty, S., Jha, M., Singh, A., & Raghuram, N. (2022). Designing, validation, and the feasibility of a yoga module for patients with ankylosing spondylitis. *Journal of Ayurveda and Integrative Medicine*, 13(1), 100479
2. Singh, J., Tekur, P., Metri, K. G., Mohanty, S., Singh, A., & Nagaratna, R. (2021). Potential Role of Yoga in the Management of Ankylosing Spondylitis: A Retrospective Study. *Annals of Neurosciences*, 28(1-2), 74-78.
3. Singh, J., Jha, M., Metri, K., Mohanty, S., Singh, A., & Tekur, P. (2022). A study protocol for a randomised controlled trial on the efficacy of yoga as an adjuvant therapy for patients with Ankylosing spondylitis amidst COVID-19 pandemic. *Advances in Integrative Medicine*, 9(1), 75-79.
4. Singh, J., Metri, K., Tekur, P., Mohanty, S., Singh, A., & Raghuram, N. (2023). Tele-yoga in the management of Ankylosing Spondylitis amidst COVID pandemic: A Prospective Randomized Controlled Trial. *Complementary Therapies in Clinical Practice*, 50, 101672



## 7. CHAMETCHA SINGPHOW

**Thesis Title:** Effect of Yoga and Mindfulness Meditation on Chronic Low Back Pain in Computer Users: A Randomized Control Trial

**Guide:** Dr. Padmini Tekur, **Co-Guide:** Dr. T M Srinivasan, Dr. Yamini B K



### **Publications:**

1. Singphow C, Purohit SP, Tekur P, Bista S, Panigrahy SN, Raghuram N. Integrated effect of yoga and mindfulness meditation on pain, functional disability, and spinal flexibility in computer users with chronic low back pain: A prospective randomized active control trial. *Yoga Mimamsa* 2022;54:4-11
2. Singphow C, Purohit SP, Tekur P, Bista S, Panigrahy SN, Raghuram N, et al. Effect of yoga on stress, anxiety, depression, and spinal mobility in computer users with chronic low back pain. *International Journal of Yoga* 2022;15:114-21
3. Singphow C, Purohit SP, Tekur P, Bista S, Panigrahy SN, Raghuram N, et al. Effect of Yoga and Mindfulness Meditation on Quality of Life in Computer Users with Chronic Low Back Pain: A Prospective Randomized Active Control Trial. *Journal of Applied Consciousness Studies* 2023;11:3-11

## 8. KANIKA VERMA

**Thesis Title:** A Randomized Comparative Clinical Study to Evaluate the Efficacy of Yoga module and Nasya Karma in Insomnia.

**Guide:** Dr. Deepeshwar Singh, **Co-Guide:** Dr. Alok Srinivas



### **Publications:**

1. The Impact of Complementary and Alternative Medicine on Insomnia: A Systematic Review.
2. Effects of Yoga on Psychological Health and Sleep Quality of Patients With Acute Insomnia: A Preliminary Study
3. Sleep Disorders and its Consequences on Biopsychosocial Health: A Narrative Review
4. Comparative Impact of Yoga & Ayurveda Practice in Insomnia: A Randomized Controlled Trial



## 9. SHWETA CHAUHAN

**Thesis Title:** Combined effect of yoga and naturopathy on uncomplicated varicose veins-a prospective randomized control trial

**Guide:** Dr. Sanjib Kumar Patra, **Co-Guide:** Jitendra D Lakhani



### **Publications:**

1. Yoga and its adjuvant therapies for the management of varicose vein disease: A narrative review
2. Combined effect of yoga and naturopathy on perceived stress and quality of life in uncomplicated varicose veins - a prospective
3. Yoga and related exercises in Chronic Venous Disease- A Narrative Review (Manuscript Accepted).
4. Effect of Yoga and Naturopathy in Uncomplicated Varicose vein disease - A prospective randomized controlled trial

## 10. R. SENTHIL KUMAR

**Thesis Title:** Study of Mindfulness on emotional regulation strategies using implicit and explicit paradigms.

**Guide:** Dr. Rajesh S K, **Co-Guide:** Dr. Judu V Ilavarasu



### **Publications:**

1. Kumar, R. S., Britto, J., Ilavarasu, J., & Rajesh, S. K. (2022). Study of Emotion Regulation Based on Yogic Personality Using Implicit, Explicit, and Eye Tracking Techniques. *International Journal of Yoga*, 15(2), 122.
2. Senthil, K., & John, B. (2022). Yoga based Ocular Exercise (Trataka): The Scriptural and Scientific Review. *Journal of Positive School Psychology*, 6231-6240.
3. Kumar, R. S., Rajesh, S. K., Illavarasu, J. (2022). Emotion Regulation Differences Between Emerging Adult Seminarians and College Student. *The National Council of Churches Review*, Vol. CXLII No.5.



## 11. Dr. MEENAKSHI

**Thesis Title:** Understanding the molecular basis effect Of yoga on overweight and obese population: a Randomized controlled trial

**Guide:** Prof. Ramesh M N



### **Publications:**

1. Chobe, M. P., Nanjundaiah, R. M., & Chobe, S. (2021). Designing and validation of a yoga-based module for obesity with metabolic comorbidities. *Journal of Complementary and Integrative Medicine*, 18(1), 159-163
2. .Chobe, M. P., & Chobe, S. V. (2021). Hypothetical model for explaining yoga mediated modulation of pathways implicated in obesity. *Indian Journal of Traditional Knowledge (IJTK)*, 20(3), 638-643
3. Chobe, M. P., Nanjundaiah, R. M., & Chobe, S. (2022). Effect of Yoga on Sleep, Self-Esteem and Wellbeing Among Overweight and Obese–A Randomized Controlled Trial. *Indian Journal of Science and Technology*, 15(43), 2297-2302
4. Chobe, M. P. (2023). Effect of yoga on adipokine levels among overweight and obese people: A systematic review. *Journal of Ayurveda and Integrative Medicine*, 14(6), 100813

## 12. Dr. PARIMALA SRIKANTESHWARA

**Thesis Title:** Study of knowledge, attitude and practice of physicians on yoga in Karnataka

**Guide:** Prof. Vidwan Ramachandra G Bhat, **Co-Guide:** Judu V Ilavarasu



### **Publications:**

1. Parimala S, Kanchibhotla D. Association Between Yogic Breathing Practice With Perceived Impact of COVID-19: A Cross-Sectional Study From India. *Asia Pacific Journal of Public Health*. 2021;33(1):157-159. doi:10.1177/1010539520975282
2. Parimala S & Ilavarasu, J. (2022). Self Determination Theory And Traditional Wisdom For Sustainable Physician-Patient Relationship. *Journal of Positive School Psychology* <http://journalppw.com> 2022, Vol. 6, No. 8, 1118-1123.
3. S, P., & Ilavarasu, J. (2022). Self-determination Theory and Indian Wisdom. *NHRD Network Journal*, 15(4), 438-445. <https://doi.org/10.1177/26314541221123103>
4. Parimala S & Ilavarasu, J. (2021). Role of Yoga in Influencing Self-Determination and Social Determinants of Health: Evidence from Ancient Scriptures and Ayurveda. *International Journal of Science and Consciousness (IJSC)*, Mar. 2021 | Vol. 7 | No. 1 | Pages 23-33 eISSN: 2455-2038





### 13. SACHI SHARMA

**Thesis Title:** Effect Of Yogic Practices On Body Posture And Its Correlation With Physical And Mental Health In Adolescents

**Guide:** Dr. Vikas Rawat



#### **Publications:**

1. Sharma, S., & Rawat, V. (2023). Effect of Yogic Practices on Body Posture and its Correlation with Physical and Mental Health in Adolescents. Indian Journal of Medical Specialities, 14(4),
2. Sharma, S., & Rawat, V. (2023). The Importance of Body Posture in Adolescence and its Relationship with Overall Well-being. Indian Journal of Medical Specialities, 14(4), 197–205 [https://doi.org/10.4103/injms.injms\\_29\\_23](https://doi.org/10.4103/injms.injms_29_23)
3. Sharma, S., & Rawat, V. (2023). The Need for Yamā and Niyamā in Promoting Adolescents' Physical and Mental Well-being. Journal of Applied Consciousness Studies, 11(1), 51–59.

### 14. SHEETAL J GUPTA

**Thesis Title:** Can Sudarshan Kriya Yoga And Related Meditation Techniques (Sky) Protocol Facilitate Acclimatization At High Altitude

**Guide:** Dr. Manjunath N K, **Co-Guide:** Dr. Akshay Anand, Dr. Disha Bhanushali



#### **Publications:**

1. Sheetal J Gupta, Rahul Tyagi, et al., (2021) COVID-19 and High altitude-induced hypoxic conditions and its management: A perspective for managing through Yoga. Turkish Online Journal of Qualitative Inquiry (TOJQI) Volume 12, Issue 10, October 2021: 4132-4143 Link of paper: <https://www.tojq.net/index.php/journal/article/view/8417>
2. Sheetal J. Gupta, Balaram Pradhan, et al., (2022). Physical and mental health at high altitude of individuals doing yogic practices. J Neurosci Rural Pract. 2022 Oct-Dec; 13(4): 647–651. Published online 2022 Dec 16. Published online 2022 Dec 3. doi: 10.25259/JNRP2022-3-25: 10.25259/JNRP-2022-3-2
3. Sheetal J. Gupta, Balaram Pradhan, et al., (2022). Positive Psychological Changes at High Altitude Shown by the Low Landers after the Yoga Intervention—Sudarshan Kriya Yoga (SKY). Annals of Neurosciences 1–6 The Author(s) 2022 Reprints and permissions: [in.sagepub.com/journals-permissions-india](https://www.in.sagepub.com/journals-permissions-india) DOI: 10.1177/09727531221117637.



## 15. AMITH SOMNATH KANTHI

**Thesis Title:** Neural Correlates Of Cognitive Performance In Type 2 Diabetes Mellitus Patients Following Yoga Practice: A Randomized Controlled Trial

**Guide:** Dr. Deepeshwar Singh



### **Publications:**

1. Changes in electrical activities of the brain associated with cognitives funcctions in type 2 diabetes mellitus A systematic review
2. Efficacy of yoga practices on emotion regulation and mindfulness in type 2 diabetes mellitus patients
3. Changes in heart rate variability and Executive functions following yoga practice in type 2 Diabetes patients A pilot study



## MD (Yoga) Graduates

### Maheshwor Bhatta

**Dissertation Title:** Development, Validation, and Feasibility testing of yoga therapy module for erectile dysfunction.

**Name of the Supervisor:** Dr. Suchitra Patil



### H M Vinaya

**Dissertation Title:** Effect Of Mind sound resonance technique on chronic musculoskeletal pain, stress, anxiety and sleep quality on geriatric population at old age home-a randomized controlled trial.

**Name of the Supervisor:** Dr. Apar Avinash Saoji



### Pravalika B

**Dissertation Title:** Effect of Integrated Yoga intervention on Musculoskeletal Pain and discomfort, Perceived Stress, and Quality of Sleep in industrial workers: A Randomized Controlled Study

**Name of the Supervisor:** Dr. Apar Avinash Saoji



### Gawali Madhur

**Dissertation Title:** Effect of Mind Sound Resonance Technique on Climacteric Symptoms, Perceived Stress and Quality of Sleep in Perimenopausal Women: A Randomised Controlled Trial

**Name of the Supervisor:** Dr. Arundhati Goley



### Amrutha .M .P

**Dissertation Title:** Effect of uninostril yoga breathing on prefrontal cortex oxygenation

**Name of the Supervisor:** Dr. Deepeshwar Singh



### Tutu Narayanan









**Dissertation Title:** The effect of IAYT in patients with chronic low back pain- A retrospective study.

**Name of the Supervisor:** Dr Suchitra Patil























## Dissertation/ Project Topics MSc - Yoga Therapy

Sl. No	Registration No	Name of the Students	Student Photo	Title of Dissertation
1	21PT02	Ankush Kumar		Development and Validation of Yoga Module on Stroke
2	21PT04	A Anubhav Tripathi		Development and validation of Yoga module on premenstrual syndrome
3	21PT05	Arush Rana		Development and validation of a yoga module for bronchial asthma.
4	21PT06	Ashrita		Development and validation of yoga module on elderly with psychological distress
5	21PT08	Astha		Development and validation of yoga module on Frozen shoulder
6	21PT09	Yadav Brijeshkumar Bahadur		Development and Validation of Yoga Module for Diabetic Retinopathy
7	21PT10	Chinnapundra Saritha		Development and validation of yoga module for breast cancer
8	21PT12	Diksha Verma		Development and validation of a yoga module for generalised headache disorder













9	21PT13	Dikshita Rawal		Development and Validation of Integrated Yoga Module for scoliosis
10	21PT14	Elakya E		An Educational intervention on Pulse diagnosis for Yogic applications
11	21PT16	Indu Rani		Development and Validation of Yoga Module for Hypomenorrhea
12	21PT17	K Anusha		Development and validation of Urinary incontinence
13	21PT18	Kartikey		Development and validation of the yoga module for Post natal care
14	21PT19	Kavya Urs		Development and Validation of Integrated Yoga Module for Pregnancy
15	21PT20	Krishnendu Radhakrishnan		Development and Validation of Yoga module for Post COVID respiratory distress
16	21PT21	Lingayat Sanket Santosh		Development and Validation Integrated Yoga Module (IYM) to Relief Low Back Pain (Lumbar region) in Advance Yogasana Practitioner.
17	21PT22	Mallikarjun Malashankarimath		Integrated Yoga Module for Prevention of Liver Diseases







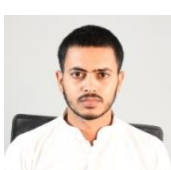
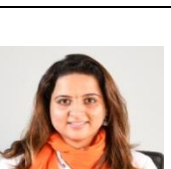

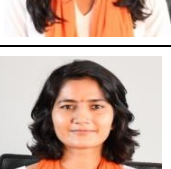

18	21PT23	Thombre Manasvi Milind		Development and validation of yoga module for attention-deficit hyperactivity disorder
19	21PT25	Prachi Agarwal		Development and Validation of Yoga module for Myopia
20	21PT26	Prachi Dabral		Development and Validation of Integrated Yoga Module for Chronic Obstructive Pulmonary Disease (COPD)
21	21PT27	Praveen Anand		Validation of Yoga Module for Pulmonary Hypertension
22	21PT28	Praveen Kumar Suryen		Development and Validation of Yoga Module for Irritable Bowel Syndrome (Type C)
23	21PT30	Pritam Jana		Development and validation of yoga module for gastritis
24	21PT31	Priyanka Hingar		Development and validation of yoga module for Type-2 Diabetes Mellitus with Obesity
25	21PT33	Mire Purva Arunrao		Development and Validation of yoga module for Vertigo
26	21PT35	Rudra Prasad		Development and Validation of yoga module for neck pain
27	21PT37	Saurav Panghal		development and velidation of yoga module for spondylolisthesis (anterolisthesis)





28	21PT38	Shankar Lal		Yoga module for Systemic Lupus erythematosus
29	21PT39	KM Shivangi Dwivedi		Development and validation of yoga module for facial paralysis
30	21PT40	Dhayagude Shreyash Bhiva		Development and Validation of Yoga Module for Type 2 Diabetes with Hypertension
31	21PT41	Shubhangi Srivastav		Validation Yoga Module of Mild to Moderate Rheumatoid Arthritis
32	21PT42	Kaminkar Soumya Maanoj		Development and validation of a yoga module for Insomnia
33	21PT43	Varita		Development and validation of yoga module for epilepsy
34	21PT44	Varma Dimple Rajendra		Development and validation of yoga module for Diabetic peripheral neuropathy
35	21PT46	Viswatha P		Development and Validation of yoga module for Tuberculosis
36	21PT47	Manzil Roy		Development and validation of yoga module for Menorrhagia
37	21PT49	Kondi Amrutha Ramamurthy		Development and Validation of Yoga Module for Chronic Constipation




38	21PT50	Syam Sajeevan A		The development and validation of yoga module for Hypertrophic Cardiomyopathy
39	21PT51	Tejaswini H M		Effect of Pranayama Practice on Hemoglobin Level and Fatigue Anemic Cancer Patients on Active Chemotherapy Treatment
40	21PV01	Akriti Goyal		Development and Validation of yoga module for Gestational diabetes mellitus
41	21PT54	Jayakrishnan KS		Immediate effect of cyclic meditation on respiratory parameters, state anxiety and triguna state over male smoking population.
42	21PT55	Lakshya Kumar		Comparison of yogic and nborml games on school 10 to 16 year children on memory ,creativity and mindfulness awareness
43	21PT57	Pratibha Tirthani		Impact of yoga and dance therapy(YDT) on stress level, sleep quality, mindfulness, and overall quality of life among obese women of reproductive age group
44	21PT58	Shyla Shyamsundar		Effect of chandra gayatri mantra on mental wellbeing in children
45	21PT59	Supriya		Effect of short term intervention of SMET programme on psychological variables
46	21PT60	Yatheesh Kumar C A		Immidiata effect of kapalabati, suryabedha pranayama and aum chantings on pulmanory function of bronchial asthamic patients







47	1070819047	Keerthana Deepak		Factors motivating youngsters to opt Yoga as a career
48	MSc/05/Res/Jan 16	Deepak Pukhrambam		Assessment of diabetes using Electro photonic imaging and pulse based technique





### M.Sc - Yoga and Vedic Therapy

	Registration No	Name of the Students	Student Photo	Title of Dissertation
1	21PV02	Anjan Singh Chauhan		Effect of Ayushya Homa on State Anxiety of Gastritis Patients
2	21PV03	Deepak Upadhyay		A Comparitave Analysis of Kriya Yoga According To Patanjali Yoga Sutras and Bhagwat Gita
3	21PV04	Dunna Priyanka		The Effect of Maha Somayaga on the Acupressure Meridian Energies of the Ritvik's
4	21PV05	Karishma Queen Saikia		Impact of Yoga And Yoga Gurus of India In America and on her People
5	21PV06	Mukul Halder		Effect of Dhanbantari Homa on Diabetes
6	21PV07	Pragya Patidar		Efficacy of Mrityunjaya Home on Cancer Patients



7	21PV08	Savita Anand		Effect on Sudrashna Homa on Hypertension Patients
8	21PV09	Sonia Yadav		Concept of Meditation In The Yoga Texts of Shrimad Bhagvadgita And Patanjali's Yoga Sutras.
9	21PV10	Subhash Kumar Mahato		Effect of Surya Namaskara With Gayatri Mantra Chanting on Short Term Memory In School Children
10	21PT24	Parab Bhumika Ganesh		A Pilot Study on The Role of Venus in Diabetes As Per Vedic Astrology

### M.Sc - Yoga (CODE)

SL No.	Regd No.	Student Name	Photo	Dissertation Topic
1	40715076	Jyotsna Sikdar Patgiri		Impact Of Yoga on Parenting of Adolescents
2	40717110	Nidhi Anandani		Effect Of Yoga on Menstrual Disorder on Women with Reproductive Age - A Literature Review
3	40118078	Rajanti Kumari		The Survey Study on Yoga in Indian Education System
4	40118130	Sonia		Effect Of Yoga On Stress And Anxiety On Women






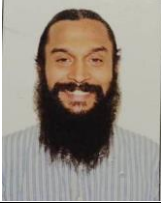




5	40718033	Dr. Ranjitharaj		Development And Validation Of Yoga Module For Chronic Kidney Disease
6	40718052	Manish Malik		Effect Of Special Sleep Technique On Sleep Quality, Mindfulness And Quality Of Life Among General Adults
7	40718139	Valamarthy Sri Vajra		Effect Of Bhiravee Meditation Technique On Mental Health And Quality Of Life Among House Wives
8	40119003	Amandeep Khatri		Effect Of Yoga Therapy On Sleep Parameters Among Footballers
9	40119032	Gadekar Shital Krushnakumar		Effect Of Nadanusandhana On Post Covid-19 Survivors
10	40119039	Kathrani Janhvi Upendrabhai		Mind Sound Resonance Technique (Msrt) To Enhance The Sleep Quality In Geriatric People.
11	40119073	Pankaj Bhagat		Effect Of Yoga Practices On Selected Psychological Variables On Working Women Suffering From Insomnia
12	40119089	Ritika		The Effect Of Yoga Nidra And Nadishodhan Pranayama On Emotional Maturity



13	40119093	Sandhya E Gandhi		Effect Of Yoga On The Sports Anxiety And Physical Fitness Of The Badminton Players
14	40719010	Anand Kumar		Effect Of Drt On Hypertension In Air Force Personals
15	40719015	Anshika Verma		A Study On The Effect Of Msrt On Level Of Stres And Resilience Of Housewives
16	40719063	Ganatra Karan Ketanbhai		Impact Of Yogāsana And Prāṇāyāma On Development Of Physical Strength, Stamina, Endurance And Balance In Amateur Trekkers - A Randomized Control Trial
17	40719080	Mahesha B		To Evaluate The Efficacy Of Yoga Intervention For Physical Fitness Among School Children
18	40719096	Munindra Sharma		Treatment Of Osteoarthritis With The Help Of Iayt
19	40719103	Navya Muralidhar Prabhu		Effect Of Omkara And Drt On Sleep Quality In Undergraduate Students (Medical Students)













20	40719106	Solanki Nikita Harakchand		Effects Of NāḌīShodhana PrāNĀYāMa On Sleep Quality In Working Individuals
21	40719118	Rachote Laxmi Kalyani		Effect Of Surya Namaskar, Nadi Shudhi And Brahmari Pranayama On Premenstrual Syndrome
22	40719154	Dr. Shobha D S		Effect Of Iayt Intervention On Clinical Features Of Pcos
23	40719155	Shree Ganesh Nayak		Effects Of Iayt On Performance Of Adolescent Competitive Swimmers
24	40719159	Dr. Simi P S		Effect Of Iayt In Primary Hypertensive Persons In Cochin,Kerala
25	40719164	Spurthy T S		Effect Of Yoga On Behavioral Issues And Academic Skills Among Adolescent Children Of Age 13 To 14
26	40719194	Yathipathi Saikrishna		A Study On The Effect Of 100 Hr Yoga Program On Spiritual Well Being Among Adults With Known Non- Communicable Diseases
27	40719199	Aman Thakur		Effect Of Yoga Nidra On Stress, Anxiety, Mindfulness And Sleep On Among Night Shift Employees.











28	40719203	Arzoo Arora		The Effect Of Pranayam On Protracted Withdrawal Symptoms In Patients Of A Rehabilitation Centre In Mysore
29	40719215	Preetika Karamchandani		Effect Of Iayt On Physical Strength, Lung Capacity & Cognitive Functions Among School Childern
30	40719219	Sangamesh Sannatammannavar		Effects Of Yoga On Psychological Well-Being Among Working Women In Vietnam
31	40719229	Tapan Roy Barman		Impact Of Yoga On Physical Fitness And Mindfulness Of Adolescent School Student
32	40719233	Vidhya N Reddy		Effect Of Yoga On Quality Of Life And Anxiety In Early Adults
33	40719234	Vidya Sagar Singh		Effect Of Yoga On Psychological Variables On Defense Personals
34	40120015	Asima Adya Mohanty		A Study On Yogic Postures In Indian Temple Architecture
35	40120017	Azad Sharma		Effect Of Yoga On Depression, Stress, Anxiety, Self-Esteem And Life Satisfaction In Female School Teachers











36	40120029	D M Jothi Kumar		Effect Of Yoga On Acute Musculoskeletal Pain In Patients With Chronic Neck Back Neck And Knee Pain
37	40120058	Joshi Mudra Nitin		Effect Of Mind And Sound Resonance Technique On Anxiety And Depression Senior Citizen Stayng In Old Age Home
38	40120065	Kavitha A		Effect Of Yoga On Corporate Stress Management Among Corporate Employees
39	40120066	Kavitha S R		Effect Of Yoga To Improve Sleep Quality In It Professionals
40	40120070	Koli Shraddha Sunil		Efect Of Suryanamaskar On Obesity Among Adolescents
41	40120080	Madhavan R		Can Yoga Practices Improve Psychological Well-Being In Working Professionals
42	40120088	Murthy Raj R		Sleep Cycle Management For Working Professionals
43	40120110	Pradnya Vilas Raje		Efficacy Of Nadasandhan On 10Th Board Students In Covid-19 Situation Reducing Stress, Anxiety And Improving Sleep Levels










44	40120135	Sandeep		Effects Of Yoga Practice On Selected Psychology Variables Among Late Adolescent Students.
45	40120137	Sanjana Luniya		Effects Of Yogic Relaxation Practices On Heart Rate And Body Temperature Among Amateur Marathon Runners
46	40120180	Vivekanand Potadar		Effect Of Msrt .On People Suffering From Sleep Disorders Amongst Employees Working In Ksrctc.
47	40120183	Anjali Devi		Relevance Of Yoga On Psychological Well-Being & Sleep Quality ( A Cross - Sectional Study)
48	40120189	Ana Maria Landivar Vintimilla		Study On Virtual Environment To Impart Yogasanas A Discussion On Acceptability And Effectiveness
49	40120191	Bhupender Singh Negi		Effect Of Msrt And Yoga On Vedanta Sadhaka On Categorical Variables
50	40120205	Sunny Kumar		Effect Of Yoga On Physical Fitness And Cognition On Children
51	40120208	Vadaga Ananyo Rao		Assess Yogasana In Real Time By Measuring Balance: Single Group One Time Assessment: Single Group One Time Assessment



52	40720019	Ashwini K Holkal		Effect Of Om Meditation On Mindfulness And Psychological Well Being Of Female Montessori Teachers
53	40720029	Chaitali Chakraborty		Effect Of Iayt On Stress In Women
54	40720041	Harshit Nehra		The Effects Of Yoga And Naturopathy Intervention On Multiple Dimension Of Wellbeing In General Population In A Naturopathy Center
55	40720049	Jyoti Ashish Borotikar		Effects Of Trataka Kriya On Sleep Quality In People With Insomnia
56	40720052	Kalyani Deshpande		A Study On Effect Of 45 Minutes Of Integrated Yoga Module On School Students Of Adolescence Age For Physical Fitness And Cognitive Ability
57	40720056	Kannan S		The Effects Of Yoga On The Psychological Wellbeing Of Kabaddi Players
58	40720059	Dr. Kavitha B M		Efficiency Of Integrated Yoga Therapy And Kushmanda Swarasa In Management Of Premenstrual Syndrome – A Random Control Trial
59	40720064	Lokesh K		Effects Of Suryanamaskar On Obesity In General Adults

















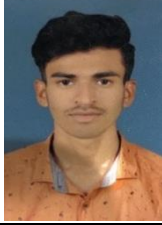

60	40720067	Madhu Shree G		Effects Of Yoga On Physical And Mental Health Among Adults
61	40720090	Dr. Nilangi Narendra Sardeshpande		Effect Of Cyclic Meditation On The Quality Of Sleep And The Quality Of Life Of Alcohol Addict Individuals Admitted To The Rehabilitation Center In Pune
62	40720094	Pooja A Hoogar		Effect of On Lower Back Pain And Back Pain and Mindful Attention Awareness Among Bharatnatyam Dancers
63	40720099	Prabhat N Patil		Role Of Yoga In Improving Overall Well-Being, Sleep Quality & Reduce Stress Among Working Professionals
64	40720109	Rakurthi J S D Pavan Kumar		Effect Of Integrated Approach Of Yoga Therapy (Iayt) On Anxiety And Self Esteem Among College Students
65	40720135	Soumya Alur		Tele Yoga Therapy For The Management Of Chronic Non Specific Back Pain In Pre Menopausal And Menopausal Women Aged 35-65 Years.
66	40720145	T Naveen Kumar		Effectiveness Of Integrated Yoga Module For Anger Management In Adolescent Students













67	40720161	Neha Rani		Role Of Yoga In Stress Management And Performance Enhancement Of Working Professional: With Special Reference To Private Sector Of Delhi-Ncr
68	40121003	Aayushi Gajraj Punmiya		Effects Of Yoga On Menstrual Problems In College Students
69	40121004	Abhishek Sindal		Effect Of Yoga On The Procrastinating Nature Of College Students
70	40121005	Aditya Krishna P		Spiritual Wellbeing Mediates The Relation Between The Fear Of Missing Out From Social Media And The Satisfaction With Life
71	40121011	Anjali Rajpal		Effect Of Yoga In Young Adults With Abdominal Obesity
72	40121021	Archana Agarwal		The Effect Of Suryanamshkar On Stress In Healthy Adults
73	40121028	Baravkar Damini Bharat		Effect Of Japa Meditation On Decision Making Ability











74	40121032	Brinda Tamilarasan		Effect Of Yoga On Symptom Distress Among Women Diagnosed With First Stage Of Breast Cancer
75	40121041	Deven Das		Add-On Effects Of Specific Yoga Intervention Onset Management Of Migrain To Veitnami Population.
76	40121043	Dheeraj Dhari		Effect Of One Month Of Integrated Yoga Therapy On Non-Specific Leg And Low Back Pain On Housemakers
77	40121044	Dilipkumar Gomanbhai Patel		Effect Of Yoga And Cyclic Meditation On Stress Level Of Secondary School Students.
78	40121047	Divya Ananth		Effect Of Mudra And Trataka In Mitigating Visual Strain And Promoting Psychological Well-Being During Prolonged Use Of Digital Displays
79	40121057	Gurav Akshay Sonu		Impact Of Iayt On Type 2 Diabetic People Living In North Goa
80	40121063	Johann Arora		Yoga Intervention For Management Of Physical-Physiological Symptoms Of Post Covid – 19



81	40121065	Jyoti Chetan Joshi		Effect Of Msrt On Physiological And Psychological Variable In Adolescent Of Rural Area
82	40121067	Yanamandra Jnana Deepika		Effect Of Cyclic Meditation On Variables Of Autonomic Nervous System And Mindfulness In Defense Employees
83	40121078	Koushik Balial		Effects Of Asana On Postural Deformities While Performing Squat
84	40121081	Kulkarni Prajakta Shirish		Effect Of Pranic Energisation Technique On Symptoms Of Menstrual Disorders In Adult Female
85	40121087	Mamatha K R		Effect Of Iayt On Mental Wellbeing Among Adolescents
86	40121089	Mariya Michael		Effect Of Yoga On Health Parameters And Quality Of Life In Women With Pcos
87	40121092	Mayank Gaur		Effect Of Yoga On Lumbar Region After Chiropractic
88	40121094	Megha Pravin Bathe		Effectiveness Of Iayt On Mental Well-Being And Empathy In Pre-School Teachers











89	40121096	Minni Singh		Effect Of Pranayam On Stress On Secondary School Students Before Starting Study Class
90	40121097	Mitalee Jain		Effectiveness Of Yoga Nidra On Sleep Quality In Working Professionals: A Randomised Control Trial
91	40121098	Mohini Ramesh Gawali		Effect Of Yoga Intervention On Musculoskeletal Health And Quality Of Life Among Women In Sewing Job, A Quasi-Experimental Study.
92	40121102	Nagaraja M R		Effect Of Msrt On People Suffering From Anxiety Issues Amongst Employees Working In Private Sector
93	40121104	Nagashree T S		Implementation Of Yoga And Bhagavad Gita Lessons To Combat Stress And Depression Among University Students
94	40121105	Nagavallikeerthana Ravuluri		Prevention Of Allergic Rhinitis By Ancient Healing Methods- Therapeutic Yoga, Ayurveda, And Siddha Intervention Programs
95	40121106	Naik Abhishek Shailesh		Effects Of Iayt On Aggression And Anxiety In Adolescent Students
96	40121107	Namita Rani		Effect Of Yogic Intervention On Psychological Wellbeing Among Defence Personnel



97	40121108	Namitha P B		Impact Of Yoga On Tobacco Smoking Individuals In Corporate Profession
98	40121110	Navneeta Parijat Fadnis		Impact Of Yoga On Contentment Level Of Non-Yoga Practitioner
99	40121113	Neelaganga Sangamesh Ingalagavi		Yoga Intervention In Reducing Menopausal Symptoms For Post-Menopausal Women
100	40121120	Balamurugan P		Heartfulness Yoga And Meditation Practice Reduce Hypertension And Improve Sleep In Adults
101	40121122	Parijat Deb		Effects Of Iayt In The Management Of Anger Among Adults
102	40121133	Prathima Arikeri		Can Yoga Practices Improve Satisfaction With Life By Regulating Anger And Psychological States Among Young Adults?
103	40121136	Priyanka		Effect Of Iayt On Stress And Sleep Quality Of Working Professionals
104	40121142	R Srinivasa		Effect Of Cyclic Meditation On People Suffering From Anxiety Issues Amongst Employees Working In Govt Schools





















105	40121143	Shah Rachana Rajesh		Effect Of Yoga On Low Back Pain Among Corporate Employees
106	40121145	Radhika Aggarwal		Impact Of Yoga & Meditation Intervention On Student'S Stress & Anxiety Levels
107	40121148	Rajesh Kumar		Effect Of Iayt On The Mental Health Of Military Personnel
108	40121149	Shubhangi Rahul Javeri		A Study On The Effect Of Integrated Yoga Programs On Self-Esteem, Self-Regulation, Loneliness, Behavior Problem And Physical Fitness Among Orphan Children
109	40121152	Ritu Arora		Effect Of Integrated Yoga Practice On The Stress Level And Happiness Quotient Of Corporate Individuals
110	40121153	Riya V Pandya		Effect Of Yog Nidra On Sleep And Wellness Of Healthy Adults
111	40121160	Paithankar Sandeep Subhash		Effect Of Yoga & Aum Meditation On Physical Health, Cognitive Function, Stress, Anxiety And Depression Among Children In Phoenix (Durban -South Africa) – A Pre-Post Study
112	40121164	Sanghmitra Verma		Effects Of Krida Yoga On Psychological Well Being Of Adolescents













113	40121169	Shah Rupal Vinod		Effect Of Yoga Nidra On Overall Wellbeing Of Higher Education Students
114	40121172	Sheetal Santosh Chauhan		A Study Onthe Effect Of Surya Namaskar On Psychophysiological Well Being On Women'S Health
115	40121175	Dr. Shinde Yogesh Bhagwanrao		“An In Vitro Analytical Study Of Antimicrobial Activity Of A Vedic Yoga Mantra : Rakshoghna Suktam : A Pilot Experiment”
116	40121176	Shipra Porwal		The Impact Of Iayt (Integrated Approach Of Yoga Therapy) On Stress Levels Among Parents With Children Below 5 Years
117	40121178	Shobha Sharma		Effect Of Trataka For Visual Strains And Pscological Well-Being Among Adolescents
118	40121185	Sonal Miglani		Combined Effect Of Surya Namaskar And Yoga Nidra On Mindfulness And Cognition Among Adolescents.
119	40121197	Suprabha Sharma		Impact Of Integrated Yoga Module On Mental Well Being, Heart Rate Variability, Blood Pressure And Pulmonary Function Test In Paramedical Students In Gangtok: An Open Labelled Randomised Control Trial.
120	40121198	Sushama Satish Katti		Effects Of Yoga On School Children To Improve Concentration And Body Flexibility











121	40121199	Dr. Swapna Rai		Impact Of Yogic Practices On Stress Levels And Quality Of Life In Resident Undergraduate Medical Students
122	40121203	Swati Bhagchandka		Effect Of Yoga And Relaxation Techniques On Stress And Anxiety In Children: A Randomised Controlled Trial
123	40721001	Adak Sunny Chandrakant		Effect Of Yoga On Physical Fitness And Attention Span In Early Adolescent Rural Students
124	40721007	Anju Bala Puri		Effect Of Asanas And Pranayama On Cervical Pain And Back Pain In Women Between The Age Group 30 To 50 Years
125	40721010	Bhalla Anshi Dayanand		A Study On The Effect Of Yoga In Management Of Premenstrual Syndrome
126	40721011	Anshu Vyas		Impact Of Iayt Over Iayt With Add-On Breathing Techniques On Glycated Hemoglobin, Stress And Qol Among People With T2Dm
127	40721015	Archana Singh		Exploring The Perception And Understanding Of Yoga Among The Indian Population: A Survey-Based Study.
128	40721016	Arpita Karmakar		Effect Of Iayt On Stress And Sleep Quality Among Night Shift It Professionals










129	40721019	Ashwini Tapasvi Sahane		Effect Of Iayt On Hypertension Among The Age Group Of 40-70
130	40721022	B Jaya Laxmi		Measuring The Impact Of Yoga On Psychological Well-Being And Back-Pain Perception For Working Professionals
131	40721023	Bagadia Darshi Rupeshbhai		Effect Of Yoga On Sports Performance Of Junior Football Athletes
132	40721026	Bharath Krishna		Effect Of Iayt On Stress Among It Professionals
133	40721032	Radhika Bollepalli		The Effect Of Msrt On Stress, State Anxiety, And Quality Of Sleep In Middle Aged Adults
134	40721033	Dr. Chaudhari Suhas Aravind		Effect Of Bindu Trataka On Mental Health, Mean Arterial Blood Pressure And Quality Of Life Among School Teachers
135	40721034	Daneshwari Rajeev Hagargi		Study Of Integrated Approach Of Yoga Therapy On Physical Strength And Memory On Visually Impaired Children
136	40721037	Deepansh Agrawal		The Efficacy Of Yoga Nidra On Middle Aged Working Population In India











137	40721038	Deshpande Milind Ashok		Effect Of Heartfulness Meditation With Iayt On Hypertension, Anxiety And Sleep Quality In Indian Air Force
138	40721039	Devanapalli Harika Reddy		A Study On The Effect Of Suryanamasakra And Pranayama On Respiratory Parameters On School Students
139	40721041	Dhruva Riddhi Manish		The Effect Of Forward Bending Asanas And Deep Relaxation Technique (Drt) On The Stress Levels Of The Youth
140	40721043	Divya Gireesh		The Study Of The Efficacy Of One Month A-U-M Chanting On Stress And Anxiety For Working Professionals
141	40721044	Doshi Yashashvi Hitesh		Effect Of Mind Sound Resonance Technique (Msrt) On Perceived Stress & Well-Being Of Special School Teachers
142	40721048	Dr. Shilpa Kiran Kuwalekar		Effect Of Msrt On Working Professionals
143	40721051	Gayatri Balkrishna Garde		Iayt For Stress Management And Determinants Of Quality Of Life In Pcos
144	40721054	Geeta		Effect Of Mind Sound Resonance Technique On Workplace Stress, Anxiety And Sleep Quality Among Teachers



145	40721055	Geetha Suhas Shirodkar		Effect Of Cyclic Meditation On General Intelligence In Early Adolescence
146	40721057	Gurmeet Kaur		To Study The Impact Of Yoga On Physical Fitness, Memory And Emotional And Behavioral Problems Of Orphan Children In Age Group 8-16 Years
147	40721059	Hemjyoti Sikdar		Effect Of Yoga On Coping Behaviour And Emotion Regulation Among Adolescents
148	40721061	Himanshi		Effect Of Shanti Mantra Chanting And Indian Ragas On Psychological Well-Being, Cognitive Function And Sleep Quality Among Adolescent Students: A Comparative Controlled Study
149	40721063	Hrishant Raghav		Exploring Synergistic Impact Of Surya Namaskara And Pranayama On Self Control And Mindfulness Among College Students Aged 18-20
150	40721069	Jisha Yeshvindh		Effect Of Yoga On The Perceived Stress, Attention And Financial Performance In Stock Market Traders
151	40721071	Jyoti Gautam		Improve Self Compassion By Yogic Lifestyle In Differently Abled Students





















152	40721074	K Saivani		Effect Of Yoga On Different Forms Of Memory In Adults Of Age Group 20-40
153	40721076	Kanica Nayyar		Effects Of Yoga And Customized Diet On Hypothyroidism
154	40721078	Kavita R		The Effect Of An Integrated Yoga Program On Thyroidism
155	40721079	Khushboo Jhunjunwala		Effect Of Cyclic Meditation On Stress Levels, Quality Of Life And Quality Of Sleep In Working Population
156	40721081	Konda Saraswathi		A Study On The Effect Of Cyclic Meditation On People With High Blood Pressure
157	40721084	Lakshaya Gupta		The Efficacy Of Iayt With A-U- M- Aum- Chanting On The Psycho-Physiological Wellbeing Of Women.
158	40721087	Lekha Velayudham		Effect Of Yogic Sukshma Vyayama On Functional Mobility In Older People
159	40721088	Lili Bijoy Mandal		Effect Of Yogic Management On Premenstrual Syndrome (Pms) Of Urban Women













160	40721089	M Pramod		Effect Of Integrated Approach Of Yoga Therapy For Australian Overweight/Obesity Population
161	40721095	Manisha Parag Kothari		A Study On The Effect Of Iayt On Pain And Quality Of Life In Elderly People
162	40721096	Manisha Jitesh Hinhoriya		Effect Of Integrated Approach Of Yoga Therapy For Chronic Low Back Pain
163	40721101	Meenakshi Bansal		Efficacy Of Yoga Practice In Quality Of Life In Elderly
164	40721103	Tulsi Shiel Patel		Effect Of Msrt As Add-On To Krida Yoga On Anxiety, And Psychological Wellbeing Of Orphan Adolescent Girls
165	40721106	Nagalaxmi Maligireddy		Effect Of Yoga On Symptoms And Quality Of Life Among Asthma Patients
166	40721108	Nagasushmitha S		Effect Of Iayt On Bhartanatyam Dancers Specifically For Lower Body Strength And Flexibility
167	40721109	Narendra Kr Jha		Effect Of Mind Sound Resonance Technique (Msrt) On The Examination Fear, Anxiety, And Cognition In Secondary School Students In Muzaffarpur Bihar.











168	40721113	Dr. Nemade Nilesh Ghanshyam		Immediate Effect Of Quick Yogic Relaxation On Patients Undergoing Dental Treatment Procedures
169	40721115	Nilima Barman		Effect Of Integrated Approach To Yoga Therapy For Stress, Anxiety ,Anger And Quality Of Life Amongst Housewives.
170	40721117	Padmaja M		Effect Of Yoga On Hypertension Among 30-60 Year Adults
171	40721118	Pandit Pranjal Sharadchandra		Effect Of Iayt On People Working In It Sector In Relation To Backpain, Anxiety And Insomnia
172	40721122	Patil Prajakta Jagannath		Effect Of Yoga On Shoulder And Lower Back Flexibility And Quality Of Sleep For Working Home Professionals
173	40721125	Pawar Rohini Pratap		Effect Of Surya Namaskar And Mind Sound Resonance Technique (Msrt) On Self-Confidence And Sleep Quality Among College Students Aged 18-22.
174	40721127	Pooja T R		Effect Of Pranayama And Meditation On Stress And Mindfulness Among The General Population
175	40721129	Pournima Prashant Shembekar		Effect Of Pranayama On Hypertension Among Elderly Adults



176	40721131	Prakriti Bohra		Exploring Applications Of Integrated Approach Of Yoga Therapy Among Interstitial Lung Disease Patients Of Jaipur District: A Randomised Controlled Trial
177	40721133	Prathima David		Integrated Yoga Program On Enhancing Breathing Capacity Among Base Runners
178	40721136	Priyanka Sharma		Effect Of Cyclic Meditation On Self Esteem Of Adolescents
179	40721137	Usharani Puranam		Effect Of Cyclic Meditation On Stress And Sleep Quality In Working Professionals
180	40721144	Rashika Khemani		Effectiveness Of Yogic Practices On Psychological Well-Being Of School Going Pre-Adolescents And Early Adolescents.
181	40721152	Ritika Gupta		Effect Of Yoga & Pranayamas Practice On Stress & Overweight of Obese Adults
182	40721155	Rupal Vikrant Choksy		Effect Of Iayt On Occupational Stress, Work Fatigue And Sleep Quality Of Working Professionals In Mumbai
183	40721156	Srinivasa Rao S V		Effect Of Mantra Chanting On Educational Stress, Anxiety And Academic Skills In Adolescents











184	40721157	Daundkar Sachin Daulat		Effect Of An Integrated Approach Of Yoga Therapy (Iayt) On Emotional Intelligence In Knowledge Workers (Multicentric).
185	40721160	Sai Raksha T N		Effect Of Yoga On Mindfulness And Quality Of Life Among Non Yoga Participants
186	40721161	Samarth Dikshit		Effects Of Cyclic Meditation On Heart Rate Variability, Stress Levels And Mental Fatigue Among 8-Hour Working Individuals
187	40721163	Sandhya M		Effect Of Cyclic Meditation On Stress And Quality Of Life Among White Collar Employees
188	40721165	Saparya S		Can Yoga Practice Help In The Adoption Of A Minimalistic Lifestyle?
189	40721167	Satyaprabhavathi K		Integrated Yoga Enhances The Kid'S Focus, Memory And Empathy
190	40721168	Seema Dandwani		Prenatal Yoga For Sleep, Fatigue And Stress Management In Pregnant Women
191	40721170	Seeta Shankarbai Barot		Yoga For Dentist



192	40721176	Shobha Shukla		Effect Of Yoga Practices On Selected Variables Like Flexibility, Balance And Anxiety Among School Going Children
193	40721177	Shraddha Shrivastava		Effect Of Trataka Sukshma Vyayama And Pranayama On The Quality Of Sleep In Working Professionals
194	40721179	Shrimali Chhaya Navinchandra		The Effect Of Integrated Approach Of Yoga Therapy (Iayt) On Chronic Low Back Pain Age Group Of 30-50 Years
195	40721183	Shweta Agarwal		Exploring Impact Of Workplace Iayt On Sleep Quality, Headache Impact And General Health Among It Professionals.
196	40721185	Smitha Patil G H		Study Of Applying Integrated Yoga Techniques In Stress Management Of Working Professionals Aged 20 To 45 Years In India
197	40721186	Soma Bhattacharya		Impact Of Integrated Approach Of Yoga Therapy (Iayt) On Anger, Anxiety, Depression, Stress, Among Patients With Substance Use Disorder: A Controlled Trial
198	40721187	Somnath Awasthi		Comparative Study Between Impact Of Cyclic Meditation & Mind Sound Resonance Technique On Parental Stress Of Parents With Children With Special Needs
199	40721188	Sonu Praveen Lalani		Effect Of Suryanamaskar And Breathing Practices On The Physical Fitness And Cognitive Abilities Of Children (Aged 8-13 Years)



















200	40721192	Subir Debnath		Effect Of Iayt On Stress And Sleep Quality Index Of Professionals Working In Corporate Power Sector.
201	40721196	Sumith B N		A Study On The Effect Of Hatha Yoga On The Psychological Distress, Mindfulness Interpersonal Skills And Sleep Quality For Trainees In Karnataka Police Academy
202	40721197	Sushovan Barman		A Study Of Integrated Yoga Program On Stress Anxiety And Memory Among School Students In Tahashildar Bari Village. West Bengal
203	40721198	Dr. Swapnila Chandulal Malshetti		Effect Of Cyclic Meditation In Women 35-45 Yrs, For Emotion Regulation And Increase In Confidence Level
204	40721206	Vani A Hegde		Effect Of Laughter Yoga And Nadanusandhana Pranayama On Elderly Citizens To Measure Happiness Analysis And Quality Of Sleep
205	40721207	Vanitha G B		Effect Of Yoga On Perception Of Their Body Image
206	40721212	Velamuri Sravani		Effect Of Asana And Pranayama On Stress In It Professionals
207	40721221	Raghav Sharma		Effect Of Maha Mantra Chanting On Cognitive Variables – A Single Group Pre Post Study












208	40122002	Aanchal Bansal		Effect Of Yoga Practices On Mental Health Of Girls Residing In Orphanage
209	40122005	Abhay Srivastava		Effect Of Yoga On Psychosocial Well Being Of Orphan Children
210	40122015	Ankita Singh		Impact Of Yoga And Dietary Guidelines On Menstrual Health In School-Going Adolescent Girls
211	40122016	Anmol Lamba		Application Of Yoga In Managing Human Resource At Workplace And Quality Of Working Life
212	40122025	Veena Srinivas		Effect Of Pranayama And Mantra Chanting For Hypertension Management
213	40122029	Bhagyashri Arora		Effect Of Iayt Emphasis On Aum Chanting On Attention Span And Working Memory Among Early Adolescent Students
214	40122037	Dr. Smita Trigun Kulkarni		Effect Of Msrt On Subjective Wellbeing And Perceived Stress In Village And Circle Officer Of Revenue Department










215	40122040	Dinakrushna Ankan Das		Effect Of Yoga Intervention On Quality Of Sleep And Musculoskeletal Pain Among Banking Professionals Engaged In Computer Usage.
216	40122043	Divya Agrawal		Role Of Yoga As An Intervention In Managing Workplace Conflict And Interpersonal Relationships And Behaviour
217	40122063	Jaya Prabalpratap Singh		A Study On The Efficacy Of Nadasandhana Pranayama On Wellbeing Among Geriatrics Population In Bengaluru India
218	40122065	Jigish Ishwarlal Chawda		Effect Of Yogic Practices On Stress Induced Mental Fatigue And Job Stress On Employees Of It Companies
219	40122073	M Jansirani		A Study On The Effect Of Balancing Asanas And Pratiloma Ujjayi On Attention And Emotional Balance Among Female Children
220	40122077	Manju G		Effect Of Iyay On Stress In Middle Aged-Female Home Makers
221	40122080	Megha Pareek		The Effects Of Yoga Nidra On Perceived Stress, Academic Performance, Stress Anxiety And Self-Regulation On Secondary School Students











222	40122081	Meghna Verma		A Study Of The Effect Of Yoga On Psycho-Emotional And Cognitive Measures Of Economically Disadvantaged High School Girls – Repeated Measure Randomized Controlled Design
223	40122082	Monika Panwar		Effect Of Yoga On Mindfulness And Aggression Of Teenagers
224	40122083	N Aruna Devi		Impact Of Iayt On Anxiety And Depression Of Senior Citizens Women
225	40122085	Nayak Adarsh Saubhagya		The Concept Of Samkhya Philosophy As Reflected In The Avadhuta Gita
226	40122087	Neetu Yadav		Effect Of Yoga On Postpartum Depression On New Mothers
227	40122088	Neha Chaudhary		To Study The Effect Of Iayt On Emotional Regulation, Self-Esteem & Stress In Rural Girls
228	40122096	Pooja Sunil Mittal		The Effect Of Msrt On Anxiety And Stress On Women



229	40122097	Dr. Samira Samir Falari		Impact Of Iayt On Attention And Memory In Rural Primary School Children
230	40122102	R Bala Rohini		A Study On The Effect Of Iayt On Academic Stress And Decision-Making Capabilities Of Research Scholars At A Higher Educational Institution.
231	40122106	Rajnath Mahto Chauhan		“A Study On The Impact Of Yogic Practices On Overall Development Of Adolescent School Children”
232	40122108	Ravi Kumar		Impact Of Iayt On Psychological Wellbeing, Gastrointestinal Disturbances And Quality Of Life Among People With Pulmonary Tuberculosis
233	40122112	Ritu Tiwari		Yoga Is Beneficial For Weight Loss & In Other Anthropometric Parameters In Overweight & Obese People
234	40122119	Salwat Hamrah		Yoga For Mindfulness, Cognition, And Spiritual Well-Being Among Intraday Traders
235	40122121	Sanskriti Prabhakar		The Effects Of Yoga On The Cognitive Functions Of The Elderly



236	40122123	Sarika P S		Effect Of 4 Week'S Yoga (Iayt) On Physical Flexibility, Stress And Mindfulness Of Urban Adults
237	40122128	Shah Shaily Keyurkumar		A Study Of Jyoti Trataka By Students With Concentration Issues & Strain On The Eyes
238	40122130	Shikhil. P.T		Effect Of Iayt On Memory And Attention For Adolescent School Students
239	40122142	Vrushali Prajit Wangikar		Effect Of Iayt On Perimenopausal Symptoms And Quality Of Life
240	40122144	Suma Hari Bhat		Yoga Module To Enhance Academic Performance ,Sociability And Character Building In Pre-University College Students In The Age Group 16-18 Years
241	40122149	Thothawala Jhanvi Dipak		Impact Of Bhagvad Gita Shloka Recitation On Cognitive Functions Of Adolescents.
242	40122151	Upma Sharda		Effect Of Iayt On Cognitive Functions And Mental Health Of Adolescent Children Of Migrant Laborers In India
243	40122152	V Pandurangappagari Rakshitha		Effect Of Integrated Approach Of Yoga Therapy On Obesity Of Urban Females.




















244	40122155	R Vidya		Effect Of Yoga On Academic Stress, Emotional Intelligence And Mindfulness On Adolescent School Children
245	40122159	Yatra Sharma		Effect Of Yoga On Psychological Wellbeing, Cognition, And Academic Performance Of Architecture Students
246	40122160	Dr. Yugesh Goyal		Effect Of Integrated Approach Of Yoga Therapy In Diabetes Management
247	40122161	A Vasavi Latha		Architectural Depictions Of Yogic Practices In The Temples Of Andhra Pradesh
248	40122162	Aarti Jha		Effect Of Iayt On Parameters Of Renal Function, Quality Of Life And Psychological Wellbeing Among Chronic Kidney Disease Patients Undergoing Hemodialysis
249	40122166	Allina Bhujanga Rao		Explore Effect Of Iayt Practices (Mainly Bhujangasana & Salabhasana) On Lower Backpain Of Sedentary Life Style Participants
250	40122168	Amarendra Kumar Dey		Effect Of Balancing Asanas In Promoting Psychological Endurance In Young And Middle-Aged Adults
251	40122169	Amit Goyal		Effects Of Pranayama On Stress And Physiological Variables Of Patients With High Blood Pressure





252	40122175	Anju Vyas		Effect Of Mind Sound Resonance Technique (Msrt) On Quality Of Life, Stress And Mental Well-Being In Older Adults
253	40122180	Pavan Sastry Annambhotla		Effect Of Iayt On Blood Pressure, Anthropometric Measures, Sleep And Perceived Stress Among Pre-Hypertensive Adults With Type 2 Diabetes Mellitus
254	40122187	Ashok Ganesh Pai		Impact Of Two Months Of Yoga Mindfulness Practices On The Service Level Quality Of It-Bpm Professionals Working In Large Customer Engagements In A Global It Services Organization
255	40122188	Ayesha Sultana Basu		Impact Of Yoga On Psychological Wellbeing And Mindfulness Of Human Resources Professionals Based In India Working In A Large Global It/Ites Company
256	40122196	C Raghuraman		Survey Study On Yoga Infrastructure And Curriculum In Schools
257	40122199	S Chandran		Effect Of 6 Weeks Of Surya Namaskar Practice On Fitness In Middle Aged Adults
258	40122203	Dr. Deepti Sambhar		Effect Of Mind Sound Resonance Technique (Msrt) On Stress And Anxiety Among Female Social Workers In Delhi (Ncr) Region










259	40122204	Dhanjeet Kumar Thakur		Effect Of Yoga On Cognitive Functions And Emotional Regulation
260	40122206	Digendra Singh		Effect Of Yoga Based Intervention For Reducing Musculoskeletal Discomfort In It Professionals
261	40122217	Immadi Haripriya		Effect Of Iayt On Adolescents Self-Esteem And Cognitive Abilities
262	40122220	Jaya Bhagavathi Bhallamudi		Architectural Depiction Of Yoga Practices In The Temples Of Maharashtra
263	40122225	Kattoju Nirmala		Architectural Depiction Of Yoga Practices In The Temples Of Tamil Nadu
264	40122228	Koparagam Santhi Bhushan		A Study On The Effect Of An Integrated Yoga Program On Hypertension
265	40122229	Apoorva Ajay Panditrao		Effectiveness Of Iayt On Mental Health In Adolescents
266	40122230	Lalitha T		Effect Of Integrated Yoga Module For Adolescent Students On Their Cognitive Functions And Cardiovascular Fitness











267	40122231	Lavanya M		Architectural Depiction Of Yoga Practices In The Temples Of Karnataka
268	40122233	Maddula Ganga Raju Gupta		A Study On The Impact Of Iyatt On Depression, Anxiety And Stress Levels Amongst Working Professionals In A Large Global It & Ite Organization
269	40122234	Mahalakshmi S		Mindfulness Among Bharatanatyam Dancers
270	40122236	Manav Sadana		Effect Of Iyatt On Psychological Health Of Nris Between 40-50 Years Of Age.
271	40122237	Manavala Ramanujan S		The Impact Of Yoga On Psychological Distress
272	40122241	Manohar Lal		Effects Of Surya Namaskars And Pranayama Yogic Practice On Muscular Fitness And Cognitive Performance Of Schoolchildren At Rural Area
273	40122243	Meenakshi		Exploring The Therapeutic Potential Of Cyclical Meditation: A Study On Stress, Anxiety And Depression Management For Software Professionals










274	40122245	Muralidharan S		Effect Of Integrated Yoga Program On Continuous Stress Among Disaster Recovery/Major Incident Managers Working In Technology Operations At An Information Technology Organization In India
275	40122248	Aparna Shekhar Garg		Impact Of Iayt On Stress, Anxiety, Depression, Sleep, Mindfulness, And Psychological Wellbeing Among Women Working In It Sector
276	40122252	Lakshmi Sridevi Annambhotla		A Study On The Effect Of Iayt On Selected Physiological And Psychological Variables Among Middle Aged Hypertensive Adults
277	40122256	Sheela Kiran Naik		Effect Of Iayt On Pms And Academic Stress In Adolescent Rural Girls Of South Bengaluru
278	40122257	Perumal Ramesh		Effect Of Sukshma Vyayama And Pranayama Practices On Stress Management, Mindfulness, And Awareness In Software Professionals
279	40122258	Piyush Kumar Ghosh		Impact Of Chair Yoga On Workplace For It Professionals For Flexibility
280	40122259	Pradeep P G		Effect Of Sleep Special Technique On Sleep Quality, Productivity And Work-Life Balance Among Night Shift It Workers



281	40122261	Prajakta Bhalchandra Kolarurkar		Effect Of Suryanamaskar On Muscle Strength And Flexibility In Class 7 Students
282	40122262	Pandit Prasad Gopinath		Effect Of Yogic Sukshma Vyayama On Handwriting For School Children
283	40122267	Priya Prasad Jadhav		Effect Of Yoga On Stress, Sleep Quality And Fatigue Of Hr Employees In Financial Sector
284	40122272	Gajja Pushpavati		A Study On The Effect Of An Integrated Yoga Program On Memory And Flexibility Of Children
285	40122273	Raghavendra V		Effect Of Sleep Special Technique On Insomnia For It Professionals Working In Shifts
286	40122274	Rajkishore Bansal		Effect Of Yoga On Academic Stress, Motivation And Learning Strategies Of Students Preparing For Civil Services Exams
287	40122275	Rajashree Gopalakrishnan		A Study On The Effect Of Nadasandhana In Calming The Mind Of Elderly Citizens Living In Care Homes, Bengaluru.
288	40122276	Ram Chandra Trivedi		Effect Of Iyrt On Memory And Attention Span Of Adolescent Students
















289	40122277	Ramanathan K		Effect Of Bhramari Pranayama And Sleep-Special Techniques On Quality Of Sleep And Stress Levels Of Middle Age Working Professionals
290	40122279	Rathi Sneha Vinodkumar		Impact Of Yoga On Hypertensive Female Homemakers
291	40122283	Rolie Misra		Effect Of Yoga On Inattention And Hyperactivity In Young Children
292	40122285	S Rajeswari		A Comparative Study Of The Effect Of Cyclic Meditation On The Stress Levels And Psychological Well-Being Of Middle-Aged Women Yoga Practitioners And Non-Yoga Practitioners
293	40122288	Shanbhag Sanil Sharad		Effect Of Chair Yoga On Workplace Stress And Anxiety Of Corporate Employees From Mumbai
294	40122289	Sanjay Joshi		Effect Of Cyclic Meditation On Sleep Quality And Quality Of Life In Adult Residents Of The National Capital Region
295	40122291	Sarala Nagalakshmi Kumari Madugula		A Study On The Effect Of Iyrt On Back Pain In Medical Professionals








296	40122292	Sasanka Sarkar		Effect Of Iayt To Address Procrastination Among School-Going Children Below 14 Year'S Old
297	40122295	Patyane Saylee Sadanand		Effect Of An Integrated Yoga Therapy Module On Physical Fitness Level Of It Professional
298	40122297	Senthilvadivu G		Effect Of Msrt And Sukshma Vyayama In Coping Stress In Transport Employees
299	40122300	Shanthi Natarajan		Effect Of Yoga On Stress Levels In It Professionals
300	40122304	Shiv Kumar Sambher		Effect Of Anahat Näd Anusandhäna On Stress And Anxiety Among Female Social Workers In Delhi (Ncr) Region
301	40122307	Shriti Chakraborty		Effect Of Trataka On Ammetropia And Asthenopia In Children And Young Adults In Urban India Setting
302	40122310	Soumya E P		Effect Of Suryanamaskar On Physical Fitness And Sustained Attention In Early Adolescents
303	40122312	Srihari N		Effect Of Asana And Pranayama On Self-Esteem, Awareness, And Behavior For Adolescent Students



304	40122313	Srujana Potla		The Study Of Influence Of Iayt On It Professionals With Type Ii Diabetes, Aiming To Address Stress Level, Sleep Quality, And Overall Well-Being.
305	40122324	Trapti S Nayak		Effect Of Yogic Practices And Sports Activities With The Emphasis Of Yama Niyama On Behaviour, Attention And Psychological Well Being On College Students : A Comparative Study
306	40122327	Umesh Ramchand Chandwani		Effect Of An Integrated Yoga Program On Stress Management In Working Professionals
307	40122328	V Durga Soujanya		Effect Of Nadasandhana On Loneliness And Quality Of Life Of Ageing Adults
308	40122334	Venu Gopal Sirangi		Effect Of Mind Sound Resonance Technique(Msrt) On It Professionals With Hypertension
309	40122337	Vijaykumar Shivaji Babar		The Impact Of Sukshma Vyayama And Breathing Exercises On Stress, Anxiety, Localized Pain And Quality Of Life For Telecom And It Professionals
310	40122340	V S S Suryanarayana Raju		Effect Of Msrt On The Behavioral Adjustment And Self Esteem Of Adolescent Rural School Children










## BNYS - Bachelor of Naturopathy & Yogic Sciences

Sl. No.	Registration No.	Student Name	Photo	Dissertation Topic
1	BNYS/01/RES/AUG 17	B. AVANTHIKA		Naturopathic Modalities On Teachers With Varicose Veins(Case Series)
2	BNYS/02/RES/AUG 17	KUMARI SHACHI		Effect of Mindfulness meditation on Sleep quality, mindfulness levels and perceived stress on young adults-Pilot Study
3	BNYS/03/RES/AUG 17	NITHYA LAKSHMI V.		IMMERSION BATH AND MUD PACK TO ABDOMEN ON HB COUNT-A COMPARATIVE STUDY
4	BNYS/05/RES/AUG 17	M. REKHA		A Combine effects of Jyotir Trataka and Acupuncture for college students with Myopia
5	BNYS/06/RES/AUG 17	ISHWARIYAA S.		Comparative study on the effectiveness of Ice massage to head and spine and single pointed acupuncture Taichung on systolic and diastolic blood pressure of primary hypertensive patients
6	BNYS/07/RES/AUG 17	G SATHWIK REDDY		THE EFFICACY OF HELIOTHERAPY (SUNLIGHT) IN PSORIASIS, ATOPIC DERMATITIS AND VITILIGO: A SYSTEMATIC REVIEW
7	BNYS/08/RES/AUG 17	SRUSHTI SUNIL MADHURE		Effect of Mind sound resonance technique on anxiety and pain in a patient undergoing chemotherapy for stage IV lung cancer
8	09/RES/AUG 17	SHIVAKAMESHWAR ID		EFFECT OF MSRT ON EMOTIONAL REGULATION AND SLEEP QUALITY IN THOSE EXPERIENCING PTSD SYMPTOMS – OBSERVATIONAL STUDY







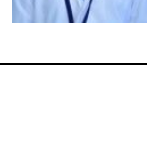

9	BNYS/10/RES/AUG 17	GEETHA BEN .L		Effect of MSRT (MIND SOUND RESONANCE TECHNIQUE) on cognitive variables and quality of sleep in obese patients.
10	BNYS/11/RES/AUG 17	SIDHARTH S		Add on effect of ginger turmeric application in patients with knee osteoarthritis undergoing yoga and naturopathy therapies- pilot study
11	BNYS/13/RES/AUG 17	PINNINTI VARSHITHA		Effect of Zingiber officinale(Ginger) on C-section Reactive Protein and Pain in middle age patient with Osteoarthritis of Knee - A Single case report
12	BNYS/14/RES/AUG 17	NAIK BHAKTI ATUL		EFFECT OF YOGNIDRA ON QUALITY OF SLEEP IN SHIFT WORKERS: A RANDOMIZED CONTROLLED STUDY
13	BNYS/15/RES/AUG 17	GARIMA MAHAJAN		IRIS CHANGES DURING DIFFERENT PHASES OF MENSTRUAL CYCLE: AN OBSERVATIONAL STUDY
14	BNYS/16/RES/AUG 17	JANHAVI KIRANMAYEE		Effect of MSRT (mind sound resonance technique) on cognitive variables and quality of sleep in obese patients.
15	BNYS/17/RES/AUG 17	THRISHA. S		Naturopathic Modalities on teachers with varicose veins.
16	BNYS/19/RES/AUG 17	M PRAVEENA		Immediate effect Neiguan (P6) Acupuncture on primary hypertension:A Pilot study
17	BNYS/21/RES/AUG 17	TIFFANY LAISHRAM		Effect of yoga practice on lung function, fatigue and QOL in post COVID patients: A Randomized Controlled Trial
18	BNYS/22/RES/AUG 17	S. K. AARTHI		IMMEDIATE EFFECT OF RELAXATION TECHNIQUE ON BLOOD PRESSURE IN



				HYPERTENSIVE INDIVIDUALS: A PRE- POST STUDY.
19	BNYS/23/RES/AUG 17	SRI RANJANI S L		EFFECT OF ACUPUNCTURE AND AURICULAR ACUPUNCTURE ON STRESS, ANXIETY, QUALITY OF SLEEP AND hs-CRP IN A NIGHT SHIFT NURSE - A SINGLE CASE STUDY
20	BNYS/24/RES/AUG 17	M JYOTHI GAYATHRI		Effect of yoga and naturopathy on patients with generalized anxiety disorder
21	BNYS/25/RES/AUG 17	ANANYA .B S		Immediate effect of superbrain yoga on short-term memory and stress levels in college students
22	BNYS/26/RES/AUG 17	AARTHIY M		IMMEDIATE EFFECT OF PRANAYAMA ON CARDIO RESPIRATORY PARAMETERS IN GARMENT INDUSTRY WORKERS - A RANDOMISED CONTROLLED TRIAL
23	BNYS/27/RES/AUG 17	SHARADA LAKSHMI R		The effect of yoga nidra on climacteric period: A pilot randomized controlled trial
24	BNYS/29/RES/AUG 17	S. VARSHA		Immersion bath and mud pack to abdomen on Hb count - A comparative study
25	BNYS/30/RES/AUG 17	G SANTHOSH RAM		A survey study on prevalence of yoga awareness in Indian educational system
26	BNYS/31/RES/AUG 17	REVANTH JAI SARAN S		Effect Of Acupuncture And Auricular Acupuncture On Stress, Anxiety, Quality Of Sleep, And High Sensitivity-C Reactive Protein In A Night Shift Nurse – A Single Case Study





















27	BNYS/32/RES/AUG 17	PATHMA PRIYA T R		EFFECT OF 7 DAYS APPLE THERAPY ON CHOLELITHIASIS PATIENT
28	BNYS/35/RES/AUG 17	YASHWANTH B		IMMEDIATE EFFECT OF PRANAYAMA ON CARDIO RESPIRATORY PARAMETERS IN GARMENT INDUSTRY WORKERS
29	BNYS/37/RES/AUG 17	M GNANENDRA SAI		PREVALENCE OF HARMFUL EFFECTS OF SMART PHONE EXORBITANT USE IN STUDENTS OF ANDHRA PRADESH AND TELANGANA
30	BNYS/41/RES/AUG 17	VIGNESH R		EFFECT OF SUPPLEMENTATION WITH MILLET HUSK POWDER AND MILLET BRAIN POWDER ON BLOOD SUGAR LEVEL IN DIABETES MELLITUS TYPE 2
31	BNYS/42/RES/AUG 17	ATCHAYA .J		Comparative study on the effectiveness of Ice massage to Head and Spine and single pointed acupuncture Taichung on systolic and diastolic blood pressure of Primary hypertensive patients.
32	BNYS/43/RES/AUG 17	BOLLAREDDY SUKEERTHI		EFFICACY OF INTEGRATED YOGA, NATUROPATHY AND ACUPUNCTURE MODALITIES IN KNEE OSTEOARTHRITIS INDIVIDUALS OF RURAL AREA IN ANDHRA PRADESH: RANDOMIZED CONTROLLED TRIAL
33	BNYS/44/RES/AUG 17	CHANDANA T.D(CET)		THE EFFECT OF SINGLE POINT ACUPUNCTURE NEIGUAN (PERICARDIUM - 6) ON STRESS AND ANXIETY: A PILOT RANDOMIZED PLACEBO-CONTROLLED TRIAL.
34	7S/45/RES/AUG 17	P.R NAVEEN SIDHARDH		Prevalence Of Harmful Effects Of Smart Phone Exorbitant Use In Students Of Andhra Pradesh And Telangana.





35	BNYS/46/RES/AUG 17	SHARANAMMA BHUMOJI(CET)		Comparative study on Immediate effects of Amla juice and Knol-Khol juice on Patients with T2DM
36	BNYS/48/RES/AUG 17	DIKSHA S. V(CET)		TITLE- EFFECT OF MIND SOUND RESONANCE TECHNIQUE ON ANXIETY AND PAIN IN A PATIENT UNDERGOING CHEMOTHERAPY FOR STAGE 4 LUNG CANCER
37	BNYS/49/RES/AUG 17	DESHPANDE SHRADDHA PRAVIN		Effect of single acupoint electroacupuncture at Diji(SP8) on Primary dysmenorrhoea.
38	BNYS/52/RES/AUG 17	SHREYA P POOJARY(CET)		A survey on prevalence of yoga awareness in Indian educational system
39	BNYS/53/RES/AUG 17	SOUMYA RAGHUNATH SHANBHAG(CET)		AN EFFECT OF WARM COMPRESS TO EYES ON CIRCADIAN RHYTHM WITH SPECIAL REFERENCE TO DELAYED SLEEP PHASE DISORDER IN YOUNG ADULTS: AN EXPERIMENTAL STUDY
40	BNYS/54/RES/AUG 17	NAGARAJ S D(CET)		Effect of yoga practice on lung function, fatigue and quality of life in post COVID patients, A Randomized control trial
41	BNYS/58/RES/AUG 17	KRIPALI(CET)		The Effect Of Ear Shen Men And Point Zero Auricular Acupuncture On Pre-Menstrual Syndrome Symptoms: A Randomized Controlled Trial
42	BNYS/60/RES/AUG 17	YESHESWANI .N		EFFECT OF AROGYA RAKSHA PANCHATANTRA (FIVE LIFESTYLE PRINCIPLES) ON INFLAMMATORY STATE OF BODY- A PILOT STUDY









43	BNYS/63/RES/AUG 17	KASWA NIDHI PARAS		Effects of Gayatri Mantra Chanting on emotional imbalances in women during pre-menstrual syndrome - A randomized control trial
44	BNYS/64/RES/AUG 17	PAVITRA MOHAN GUNAGA		EFFECT OF MIND SOUND RESONANCE TECHNIQUE WITH SPECIAL REFERENCE TO MANTRA CHANTING ON SCHOOL GOING CHILDREN: A CROSS SECTIONAL STUDY
45	BNYS/65/RES/AUG 17	AMRUTHA S M		IRIS CHANGES DURING DIFFERENT PHASES OF MENSTRUAL CYCLE: AN OBSERVATIONAL STUDY
46	BNYS/70/RES/AUG 17	GEYA SANKEERTHANA (CET)		Efficacy of integrated yoga, naturopathy and acupuncture modalities in knee osteoarthritis individuals of rural area in Andhra Pradesh: Randomized controlled trial.
47	BNYS/71/RES/AUG 17	LIKITHA M. (CET)		Comparative study on Immediate effects of Knol-Khol and amla juice on Patients with T2DM
48	BNYS/74/RES/AUG 17	BHAVANA C.		Add on effect of Ginger-Turmeric application in patients with Knee Osteoarthritis undergoing Yoga and Naturopathy Therapies - A pilot study
49	BNYS/75/RES/AUG 17	T PARKAVI		EFFECT OF WARM FOOT BATH WITH BHRAMARI PRANAYAMA ON STRESS, ANXIETY AND SLEEP QUALITY AMONG SCHOOL TEACHERS
50	BNYS/77/RES/AUG 17	SHARATH KUMAR M D(CET)		Effects of Yoga and Naturopathy on patients with Major Depressive disorder , A pilot study




51	BNYS/80/RES/AUG 17	DHANALAKSHMI K		Effect of acupuncture needling on Anmian point with Reverse DRT for Insomnia: A randomised control trial
52	BNYS/81/RES/AUG 17	AKANSHA SHARMA		Effect of mindfulness meditation on perceived stress, sleep quality and mindfulness levels in young adults- A Pilot Study
53	BNYS/40/RES/AUG 17	B.B PRIYA VARSHINI		Effects of 7days Apple therapy on Cholelithiasis Patients A single case report
54	BNYS/73/RES/AUG 17	SHUBHANGI TUKARAM NAGRALE		EFFECT OF ACUPUNCTURE THERAPY ON PAIN INTENSITY IN UNIVERSITY STUDENTS WITH PRIMARY DYSMENORRHEA- A RANDOMIZED CONTROL TRIAL
55	BNYS/004/RES/AUG' 15	B. Sona		EFFECT OF AROMATHERAPY COMBINED WITH YOGIC RELAXATION ECHNIQUE(DRT) ON PSYCHOLOGICAL VARIABLES - A RANDOMIZED CONTROL TRIAL
56	BNYS/072/RES/AUG 16	SHIVAJI RAJU DATLA		Effects of Yogic Relaxation techniques (DRT) WITH Aroma therapy on IT employees
57	BNYS/051/RES/AUG 16	PRIYANKA CHOUDHARY		EFFECT OF ACUPUNCTURE THERAPY ON PAIN INTENSITY IN UNIVERSITY STUDENTS WITH PRIMARY DYSMENORRHEA- A RANDOMIZED CONTROL TRIAL
58	BNYS/050/RES/AUG 16	PANDEY AMRITHA SUDHAKAR		An effect of warm compress to eyes on circadian rhythm with special reference to delayed sleep phase disorder in young adults :An Experimental study











59	BNYS/030/RES/AUG 16	TADEPALLI AISHWARYA		Comparative study between lavender and clary sage essential oil for sleep quality
60	BNYS/041/RES/AUG 16	INDHUMATHI C		EFFECTS OF HOT CAMPHOR OIL APPLICATION FOLLOWED BY HOT COMPRESS FOR JOINT AND MUSCULAR PAIN: A RANDOMIZED CONTROL TRIAL
61	BNYS/030/Res/Aug15	Pavan Kumar		IMMEDIATE EFFECT OF DEEP RELAXATION TECHNIQUE ON BLOOD PRESSURE IN HYPERTENSIVE INDIVIDUALS
62	BNYS/039/Res/Aug15	Sathyavendan		IMMEDIATE EFFECT OF NEIGUAN (P6) ACUPUNCTURE ON HEART RATE AND BLOOD PRESSURE IN PRIMARY HYPERTENSION: A PILOT STUDY
63	BNYS/053/RES/AUG' 15	Neetulaxmi		EFFECT OF MIND SOUND RESONANCE TECHNIQUE WITH SPECIAL REFERENCE TO MANTRA CHANTING IN SCHOOL GOING CHILDREN: A CROSS SECTIONAL STUDY
64	BNYS/016/RES/AUG 16	Chandrasahini		Comparative study between lavender and clary sage oil for sleep quality








### B.Sc (Yoga Therapy)

Sl. No.	Registration No.	Student Name	Photo
1	030820001	Jyoti	










2	030820002	Ratanpriya Saingar	
3	030820003	Soumya Vashishth	
4	030820005	Harini P	
5	030820006	Purvi Vijjan	
6	030820007	Muskan	
7	030820008	Sanskruiti Rajesh Shah	
8	030820010	Aditi Maheshwari	
9	030820011	Trupti Dipak Patil	



<b>10</b>	030820012	Harsha Surabhi	
<b>11</b>	030820014	Ved Prakash Yadav	
<b>12</b>	030820015	Sachin Kumar	
<b>13</b>	030820016	Rahul	
<b>14</b>	030820017	Kartik Kalmane	
<b>15</b>	030820018	Bijay kumar Singh	
<b>16</b>	030820019	Sparsh Dwivedi	





17	030820020	Shubham Singh Yadav	
18	030820022	Bharat Chouhan	
19	030820023	Aman Lakshkar	
20	030820024	Gurugovind Ganesh Pillai	
21	030820025	Naman Yadav	
22	030820026	Ritik Raj	
23	030820027	Tarun Kumar Barman	






24	030820028	Nandini Pandey	
25	030819049	Siddharth Biswas	





### B.Sc (Yoga and Consciousness)

Sl. No.	Registration No.	Student name	Photo
1	1020820001	Nirajana Vinlees	
2	1020820002	Nashiha Mohamed Manik	
3	1020820003	Vanshaj Arora	
4	1020820005	Debojyoti Ghosh	











5	1020820007	Lakshy Chauhan	
6	1020820008	Krishna Tarkar	
7	1020820010	Selukar Somraj Yadnyeshwar	









### B.Sc - Yoga (CODE)

SI No	Regd No	Student name	Photos
1	20716005	Gopalakrishna G A	
2	20118014	Prahlad U Rao	
3	20118030	Vikas Julka	
4	20718044	Gunasheel Sunil Doddamani	












5	20718045	Saswade Bhavna Sanjay	
6	20119004	Kondoju Bharath Chandra	
7	20119006	Dinesh Kumar Vadakke Pallath	
8	20119013	Vasanthi K M	
9	20719008	Roopa Salimath	
10	20719014	Manoj S	
11	20719018	Prabhakar Tiwari	
12	20719028	Abhishek Mazumdar	



13	20719030	Mamidala Kranthi	
14	20120001	Bhide Pradyumna	
15	20120002	Ansh Yadav	
16	20120004	Lokesh Kumar	
17	20120005	Nikhil B	
18	20120006	Vineesh Kammath R	
19	20120010	Basavaraj M Bhavikatti	
20	20120014	Priyanka Sinha	



21	20720005	Guruganesh Krishna Hegde	
22	20720007	Radhika N	
23	20720014	Suvish Viswanathan	
24	20121005	Palakh Sadhnani	
25	20121016	Swathi	
26	20121020	Pragati Pandey	
27	20121042	Nobuko Awano	
28	20121045	Kumiko Uesugi	
29	20121046	Haruna Yokoyama	





30	20121047	Satoshi Oseki	
31	20121049	Miki Kamasuzu	
32	20121055	Keiko Sakaida	
33	20121059	Michiru Shida	
34	20121060	Noriko Shinya	
35	20121065	Mieko Takagaki	
36	20121075	Naomi Tomita	



37	20121078	Kuniko Nakahara	
38	20121079	Nozomi Nishiguchi	
39	20121082	Yoko Fukuda	
40	20121086	Yuriko Miura	
41	20121087	Junko Miyagi	
42	20121091	Kumiko Endo	
43	20121092	Hiroko Yasuda	
44	20121093	Yukio Yamashita	



## Notes

A series of horizontal dotted lines provided for writing notes.



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A series of horizontal dotted lines for writing notes.



## शिष्यानुशासनम्

वेदमनूच्याचार्योऽन्तेवासिनमनुशास्ति । सत्यं वद । धर्मं चर । स्वाध्यायान्मा  
प्रमदः । आचार्याय प्रियं धनमाहृत्य प्रजातन्तुं मा व्यवच्छेत्सीः । सत्यान्न  
प्रमदितव्यम् । धर्मान्न प्रमदितव्यम् । कुशलान्न प्रमदितव्यम् । भूत्यै न  
प्रमदितव्यम् । स्वाध्यायप्रवचनाभ्यां न प्रमदितव्यम् । देवपितृकार्याभ्यां  
न प्रमदितव्यम् । मातृदेवो भव । पितृदेवो भव । आचार्यदेवो भव ।  
अतिथिदेवो भव । यान्यनवद्यानि कर्माणि । तानि सेवितव्यानि । नो  
इतराणि । यान्यस्माकं सुचरितानि । तानि त्वयोपास्यानि । नो इतराणि ।  
ये के चारुमच्छ्रेयांसो ब्राह्मणाः । तेषां त्वयाऽसनेन प्रश्वसितव्यम् । श्रद्धया  
देयम् । अश्रद्धयाऽदेयम् । श्रिया देयम् । हिया देयम् । भिया देयम् । संविदा  
देयम् । अथ यदि ते कर्मविचिकित्सा वा वृत्तविचिकित्सा वा स्यात् । ये तत्र  
ब्राह्मणाः संमर्शिनः । युक्ता आयुक्ताः । अलूक्षा धर्मकामाः स्युः । यथा ते तत्र  
वर्तेरन् । तथा तत्र वर्तेथाः । अथाभ्याख्यातेषु । ये तत्र ब्राह्मणाः संमर्शिनः ।  
युक्ता आयुक्ताः । अलूक्षा धर्मकामाः स्युः । यथा ते तेषु वर्तेरन् । तथा तेषु  
वर्तेथाः । एष आदेशः । एष उपदेशः । एषा वेदोपनिषत् । एतदनुशासनम् ।  
एवमुपासितव्यम् । एवमु चैतदुपास्यम् ॥

- तैत्तिरीयोपनिषत्