



MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences
Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Dissertation / Project work entitled **“Effect of Yoga on Respiratory Health of Vedic Students”** is a genuine work successfully completed by **Narayan Timalisina (Reg.no.: P05AZ22S135038)**, IVth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of postgraduate degree (M.Sc.) in Yogic Science during the academic year 2023 –2024. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Reg.No: P05AZ22S135038

Place: Mangalagangothri

Date:___/July/2024


Signature of the Guide

(Dr. Udayakumara K)


Signature of the chairman
(Dr. K. Krishna Sharma)
Professor and Chairman

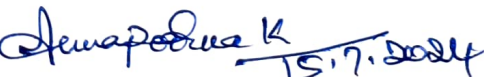
Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri 574 199

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Examiner - I

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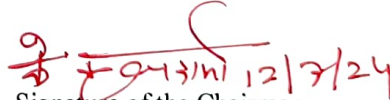
Department of Human Consciousness & Yogic Sciences

Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work entitled “**A Study on the Effect of Yoga Therapy on Perceived Stress Level Management among B.Ed Students**” is a genuine work successfully completed by **Mamatha.B.B (Reg. No P05AZ22S135037)** IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfillment of the requirements for the award of Post Graduate Degree M.Sc. in Yogic Science during the academic year 2023 – 2024. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.


Signature of the Guide
(N K. Hiregoudar)


Signature of the Chairman
(Dr. K. Krishna Sharma)
Professor and Chairman
Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri 574 199



Place: Mangalagangothri

Date:

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Examiner - II



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Department of Human Consciousness and Yogic Sciences

Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work “Effect of yogic practices and chandrayana vrata on lung function” is a genuine work successfully completed by **SUDARSHANA S NAIK** (Reg. No.: P05AZ22S135023), IVth Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2023 – 2024. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Reg. No: **P05AZ22S135023**

Place: Mangalagangothri

Date: 10th July 2024

Signature of the Guide

(Mr. Vinayaka Krishna)

Signature of the Chairman

Professor and Chairman

(Dr. K. Krishna Sharma)

Department of Human Consciousness

& Yogic Sciences

Mangalore University

Mangalagangothri - 574 199

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Examiner - I

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Dr. K. Krishna Sharma

Annapoorna K
15.07.2024



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Department of Human Consciousness & Yogic Sciences

Mangalagangothri-574199.

CERTIFICATE

This is to certify that the Dissertation / Project Work entitled “the effect of yogic practices on overall well-being among PG student and research scholar” is a genuine work successfully completed by **Vikas (Reg. No P05AZ22S1350531)**, IV Semester, M.Sc. Yogic Science, is submitted to Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree, M.Sc. in Yogic Science during the academic year 2023 – 2024. It is also certified that this study or any part of it has not been submitted to this Institution or to any other institution for any degree or any other similar title.

Signature of the Guide


(Dr.K.Krishna Sharma) 12/7/24

Place: Mangalagangothri

Date:


Signature of the Chairman 12/7/24

(Dr.K.Krishna Sharma)

Professor and Chairman

Department of Human Consciousness
& Yogic Sciences

Mangalore University
Mangalagangothri 574 199

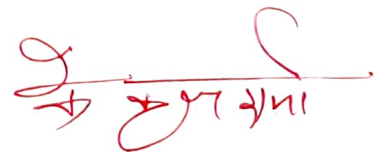
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Examiner - I


Dr.K.Krishna Sharma

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15.07.2024.


Dr.K.Krishna Sharma



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Department of Human Consciousness and Yogic Sciences

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CERTIFICATE

This is to certify that the Project Work entitled "Effect of Yoga Therapy on Quality of Sleep" is a genuine work successfully completed by SHIVARAJ. S. AWARI. (Reg. No. P05AZ22S135033), IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate degree MSc in Yogic Science during the academic year 2023-2024. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Place: Mangalagangothri

Date: 11-7-2024

Signature of the guide

HT Prasad
(Dr. Thirumaleshwara Prasada H)

[Signature]
Signature of the Chairman
Professor and Chairman
Department of Human Consciousness
(Dr. K. Rajinikanth)
Mangalore University
Mangalagangothri 574 199

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15.7.2024



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Department of Human Consciousness & Yogic Sciences Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work entitled “Effect of Yoga Therapy on Dysmenorrhea among B.Ed. students” is a genuine work successfully completed by **Savitri Hiregoudra** (Reg. No: P05AZ22S135026), IV Semester, M.Sc. Yogic Science and is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree, M.Sc. in Yogic Science during the academic year 2023 – 2024. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Signature of the Guide

(Dr. Udayakumara K.)

Signature of the Chairman

(Dr. K. Krishna Sharma)

Professor and Chairman

Department of Human Consciousness
& Yogic Sciences

Mangalore University
Mangalagangothri 574 199

Place: Mangalagangothri

Date:

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Department of Human Consciousness & Yogic Sciences

Mangalagangothri-574199.

CERTIFICATE

This is to certify that this Dissertation Project work entitled is a genuine work successfully completed by **Sahana Manjunath Gouda (Reg.No.: P05AZ22S135028)**, IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfillment of the requirements for the award of post graduate degree (M.Sc.) in Yogic Science during the academic year 2023-2024. It is also certified that this study or any part of it has not been submitted previously this University to any other institutions for any degree or any other similar title.

Place: Mangalagangothri

Date: / July / 2024

H T Prasad
Signature of the Guide

(Dr. Thirumaleshwara Prasada H)

[Signature]
Signature of the Chairman

(Dr. K. Krishna Sharma)
Professor and Chairman
Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri 574 199

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Dr. K. Krishna Sharma
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[Signature]
15.7.2024



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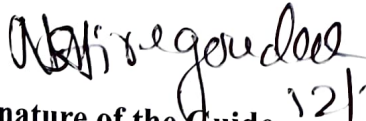
CERTIFICATE


This is to certify that the Project Work “A STUDY ON THE IMPACT OF 30 DAY YOGA THERAPY ON BACKACHE AND BODY MASS INDEX OF FEMALE POST GRADUATE STUDENTS IN DAKSHINA KANNADA” is a genuine work successfully completed by Ms. Sushma B. Bangera (Reg. No.: P05AZ22S135027), IVth Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2023 – 2024. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Reg. No: P05AZ22S135027

Place: Mangalagangothri

Date: 15th July 2024




Signature of the Guide 12/7/24
(Mr. N. K. Hiregoudar)


Signature of the Chairman 12/7/24
(Dr. K. Krishna Sharma)
Professor and Chairman
Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri 574 199

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Examiner - I

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Dr. K. Krishna Sharma II

15.07.2024



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Department of Human Consciousness and Yogic Sciences

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D.K. Karnataka

CERTIFICATE

This is to certify that the project work entitled "**Comparative Study of Yoga and Physical Exercise on overall Health of BCM Boys Hostel Students**" is a genuine work successfully completed by **Roshan R Hegde** (Reg. No: P05AZ22S135036), Fourth semester, M.Sc. Yogic Science and is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2023-2024.

Place: Mangalagangothri.

Date: 12-07-2024

Signature of Guide

Professor and Chairman

Department of Human Consciousness
& Yogic Sciences

Mangalore University

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Signature of the Chairman

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Examiner - I

Examiner - II

Dr. K. Anishu Sharma
Anapadua K
15-7-2024



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Department of Human Consciousness & Yogic Sciences

Mangalagangothri-574199.

CERTIFICATE

This is to certify that the Dissertation / Project Work entitled “A Study on The Effect of Chandrayana Vrata along with Yogic Practices on Obesity” is a genuine work successfully completed by **Raghavendra R O (Reg. No P05AZ22S1350530)**, IV Semester, M.Sc. Yogic Science, is submitted to Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree, M.Sc. in Yogic Science during the academic year 2023 – 2024. It is also certified that this study or any part of it has not been submitted to this Institution or to any other institution for any degree or any other similar title.

Signature of the Guide

H T Prasad

(Dr. Thiumaleshwara Prasada H.)

Signature of the Chairman

Dr. K. Krishna Sharma

(Dr. K. Krishna Sharma)
Professor and Chairman

Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri 574 199

Place: Mangalagangothri

Date: 11.7.2024

VALUED

Examiner - I

Dr. K. Krishna Sharma

Examiner - II

Dr. Annapurna K

Annapurna K
12.07.2024



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POST GRADUATE DEGREE IN YOGIC SCIENCE

YSP556A: Dissertation / Project Work

CERTIFICATE

This is to certify that the project work entitled "**The Effect of Yoga Therapy on Overall Health of Selected College students.**" is a genuine work successfully completed by, **Karthik U**, Fourth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2023-2024.

Signature of the Guide

HTRasad

(Dr.Thiumaleshwara Prasada H.)

Signature of the Chairman

[Signature]

(Dr. K .Krishna Sharma)

Professor and Chairman

Department of Human Consciousness

& Yogic Sciences

Mangalore University

Mangalagangothri 574 199

Place: Mangalagangothri

Date: *11.7.2024*

VALUED

Examiner - I *Dr. R. Krishna Sharma*

Examiner - II

Dr. Anupadma K.

[Signature]

Anupadma K.
12.07.2024



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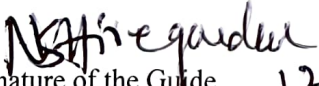
CERTIFICATE

This is to certify that the Project Work " Effect of Chandrayana vrata, along with some specific yogic practice on overall health well-being in M.U Campus people (Dakshina Kannada)" is a genuine work successfully completed by **Deepti Padmanabha Bhat** (Reg. No.: **P05AZ22S135029**), IVth Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2023 – 2024. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Reg. No: **P05AZ22S135029**

Place: Mangalagangothri

Date: 10th July 2024


Signature of the Guide 12/7/24
(Mr. N. K Hiregoudar).


Signature of the Chairman

(Dr. K. Krishna Sharma)
Professor and Chairman

Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri 574 199

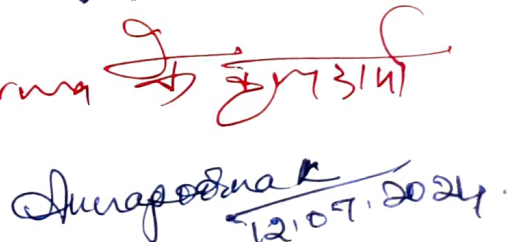
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Examiner - I



Examiner - II




12/07/2024



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Department of Human Consciousness & Yogic Sciences
Mangalagangothri-574199

CERTIFICATE

This is to certify that this Dissertation / Project work entitled "**Detailed Case Study - Effect of Yoga Therapy on Five Subjects**" is a genuine work successfully completed by **Anita B Ilakal** (Reg.No.: P05AZ22S135022), IV Semester, M.Sc. Yogic Science is submitted to the Mangalore University under my guidance in partial fulfillment of the requirements for the award of post graduate degree (M.Sc.) in Yogic Science during the academic year 2023-2024. It is also certified that this study or any part of it has not been submitted previously to this University to any other institutions for any degree or any other similar title.

Place: Mangalagangothri

Date: 12-07-2024

Udaya

Signature of the guide

(Dr. Udayakumara.K)

signature of the chairman

K. Krishna Sharma

(Dr. K Krishna Sharma)
Professor and Chairman

Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri 574 199

VALUED

Examiner - I

Dr. K. Krishna Sharma

Examiner - II

Dr. Anupama K.

Anupama K.
12-07-2024



MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences Mangalagangothri
- 574199

CERTIFICATE

This is to certify that the Dissertation / Project work entitled “EFFECT OF YOGIC PRACTICES ON MEMORY POWER OF VEDIC STUDENTS” is a genuine work successfully completed by **Karthik K (Reg.no.: P05AZ22S135032)**, IVth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of postgraduate degree (M.Sc.) in Yogic Science during the academic year 2023 –2024. It is also certified that this study or anypart of it has not been submitted to any other institutions for any degree or any other similar title.

Reg.No: P05AZ22S135032

Place: Mangalagangothri

Date:

N K Hiregoudar
12/7/24
Signature of the Guide
(Mr N K Hiregoudar)

Dr. K. Krishna Sharma
12/7/24
Signature of the chairman
(Dr. K. Krishna Sharma)
Professor and Chairman
Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri 574 199

VALUED

Examiner - I *Dr. K. Krishna Sharma*

Examiner - II *Dr. Annapoorna K*

Dr. Annapoorna K
12.07.2024



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Department of Human Consciousness & Yogic Sciences
Mangalagangothri - 574199

CERTIFICATE

This is to certify that the Project Work entitled "A Study on the Effect of Yogic Practice on Geriatric Health" is a genuine work successfully completed by Madhusmitha K (Reg. No P05AZ22S135035) IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfillment of the requirements for the award of Post Graduate Degree M.Sc. in Yogic Science during the academic year 2023 - 2024. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Signature of the Guide


(Mr. Vinayaka Krishna)

Place: Mangalagangothri

Date: 10-07-2024

Signature of the Chairman


(Dr. K. Krishna Sharma)
Professor and Chairman

Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri 574 199

VALUED

Examiner - I

Examiner - II


Dr. K. Krishna Sharma


Dr. Anapoodua K.


12/7/24


12.07.2024




MANGALORE UNIVERSITY


Department of Human Consciousness and Yogic Sciences

Mangalagangothri. - 574199, D.K., Karnataka.

CERTIFICATE

This is to certify that the project work entitled '**A study on the influence of yogic practices on premenstrual syndrome among female post graduate students**' is a genuine work successfully completed by Deekshitha K J, Fourth semester, M.Sc. Yogic Science, is submitted to Mangalore University under my guidance in partial fulfillment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2023-2024.


Signature of the Guide,
(Mr. Vinayaka Krishna)


Signature of the Chairman,

(Dr. K. Krishna Sharma)
Professor and Chairman
Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri 574 199

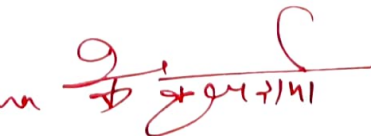
Place: Mangalagangothri

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Department of Human Consciousness & Yogic Sciences

Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work “**CASE STUDY ON THE EFFECT OF YOGA THERAPY IN FIVE FEMALE GERIATRIC POPULATION**” is a genuine work successfully completed by **Muthannagari Vishnu** IVth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2023 – 2024. It is also certified that this study or any part of it has not been submitted previously to this University or to any other institutions for any degree or any other similar title.

Place: Mangalagangothri

Date: 10/July/ 2024.

Signature of the Guide—
(Dr. K. Krishna Sharma)

Signature of the Chairman
(Dr. K. Krishna Sharma)
Professor and Chairman

Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri - 574 199

VALUED

Examiner - I Dr. K. Krishna Sharma
Examiner - II Dr. Anupama K.

Signature of the Examiner
12.07.2024



MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences

Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work “**Effect of yoga therapy on Insomnia for old age people,**” is a genuine work successfully completed by **RAMESH** (Reg. No.: P05AZ22S135020), IVth Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2023 – 2024. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Reg. No: **P05AZ22S135020**

Place: Mangalagangothri

Date: 10-July-2024

Signature of the Guide

(Mr. Vinayaka Krishna)

Signature of the Chairman
Professor and Chairman

(Dr. K. Krishna Sharma)
Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri 574 199

VALUED

Examiner - I

Examiner - II

Dr. K. Krishna

Sharma

Dr. Anapadma K.

Anapadma K.
12.07.2024.



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Mangalagangothri - 574199

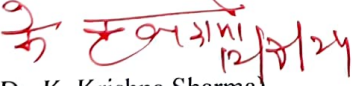
CERTIFICATE

This is to certify that the Project Work entitled “**Impact of Selected Yogic Techniques on Different Clinical Symptoms – An Individual Based Detailed Case Study**” is a genuine work successfully completed by **Indira Agnihothri** (Reg. No. P05AZ22S135024), IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2023-2024. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

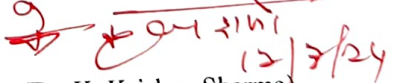
Place: Mangalagangothri

Date:

Signature of the Guide


(Dr. K. Krishna Sharma)

Signature of the Chairman


(Dr. K. Krishna Sharma)
Professor and Chairman

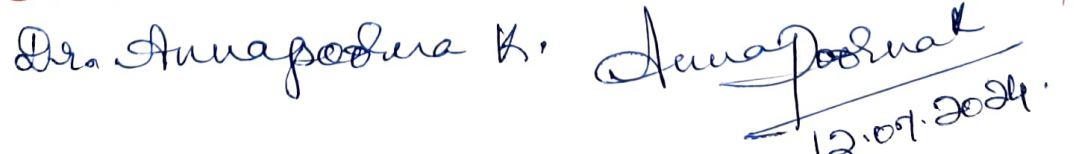
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Mangalagangothri 574 199

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Dr. K. Krishna Sharma

Examiner - II


Dr. Annapoorna K.
12.07.2024