

Si: No:	Name Of Student	Register Number	Year of Admission	Title Of Thesis	Guide	Type Of Work	Place Of Work	
1	Adithya K	MYG 051801	2018	Effect of Selected Yoga Training Programme on Various Physical and Physiological Parameters Among Kudumbasree Members	Dr. Padmanabhan T. V	Experimental research study	Ajanoor Panchayath	
2	Akhil Lal K V	MYG 051802	2018	Effect of Adaptive Yoga Programme on Stress and Anxiety Among Older Adults	Dr. Padmanabhan T. V	Experimental research study	Kushal Nagar. Kanhangad	
3	Ambili K V	MYG 051803	2018	Effect of Yoga Intervention on Body Composition and Flexibility in Female Subjects with Overweight	Ganapathi Joisa H	Experimental research study	Rotary Club Mavungal	
4	Anjana K	MYG 051804	2018	Personality Traits According to Triguna Among the Post Graduate Students of Central University of Kerala.	Dr. Subramanya Pailoor	Experimental research study	CUK campus	
5	Anju N T	MYG 051805	2018	Impact of Yoga Training on Attention and Short term Memory of School Students	Dr. Padmanabhan T. V	Experimental research study	GHS Ravaneeshwaram.	
6	Arya Abraham	MYG 051807	2018	Personality Traits According to Tridosha Among the Post Graduate Students of Central University of Kerala.	Dr. Sriharisukesh N	Experimental research study	CUK Campus	
7	Ashok Raj	MYG 051808	2018	Effect of Structured Yoga Programme on Blood Pressure and Body Weight Among Middle Aged Women	Dr. Subramanya Pailoor	Experimental research study	Bekal Kudumbashree Unit	



8	Ashokan K	MYG 051809	2018	Effect of Adaptive Yoga Programme on Quality of Life and Psychomotor Variables Among Older Adults	Dr. Subramanya Pailoor	Experimental research study	Pension Bhavan Kanhangad
9	Dileep B O	MYG 051810	2018	Effect of Yoga Training on Psychomotor Variables Among Junior Athletes	Dr. Padmanabhan T. V	Experimental research study	Navodaya School Periye
10	Divya Divakar V M	MYG 051811	2018	Effect of Structured Yoga Programme on Lung Function Parameters and Stress Among Middle Aged Women	Dr. Padmanabhan T. V	Experimental research study	Kudumbashree Unit Bevoori.
11	Harilal S S	MYG 051812	2018	Effect of Yoga Intervention on Positive and Negative Affect Among Research Scholars of Various Departments of Central University of Kerala	Dr. Padmanabhan T. V	Experimental research study	CUK Campus
12	Jishnu P Biju	MYG 051813	2018	Effect of Structured Yoga Programme on Static Balance and Perceived Stress Among Middle Aged Women	Dr. Padmanabhan T. V	Experimental research study	CUK Campus
13	Jithi T	MYG 051814	2018	Effect of Yoga Training on Coordinative and Cognitive Abilities of School Students	Ganapathi Joisa H	Experimental research study	GHS Ravaneeshwaram
14	Jyothika P M	MYG 051815	2018	Effect of Yoga Training on Physical Fitness of College Students	Dr. Subramanya Pailoor	Experimental research study	Govt College. Kasargod.
15	Komalavalli K V	MYG 051816	2018	Effect of Selected Yoga Practices on Anxiety and Biochemical Parameters	Dr. Sriharisukesh N	Experimental research study	Public library hall. Bevoori



				Among Perimenopausal Woman			
16	Neethu M	MYG 051817	2018	Effect of Integrated Yoga Module on Positive and Negative Emotions of B.Ed Students	Dr. Sriharisukesh N	Experimental research study	Mahathma B.Ed Collage . Nileshwaram
17	Nimina A V	MYG 051818	2018	Effect of Yoga Training on Physical Variables of School Students	Ganapathi Joisa H	Experimental research study	GHS Ravaneeshwaram
18	Rahul V N	MYG 051819	2018	Impact of Structured Yoga Programme on Physical Variables and Emotions Among Middle Aged Men	Dr. Padmanabhan T. V	Experimental research study	Rotary Club mavungal
19	Ramadasan N	MYG 051820	2018	Effect of Pranayama and Yoga Nidra on Psycho-Physiological Variables and Geriatric Anxiety of Elderly Living in Old Age Home.	Dr. Subramanya Pailoor	Experimental research study	Old age home. Kannoor
20	Riya C	MYG 051821	2018	Effect of Adaptive Yoga Programme on Physical and Psychomotor Variables Among Differently Abled Adult Subjects	Dr. Sriharisukesh N	Experimental research study	Rotary Special School. Mavungal
21	Sajitha K	MYG 051822	2018	Effect of yoga training on hand grip strength and static balance of girl students	Ganapathi Joisa H	Experimental research study	Model Residential School, Paravanadukkam. Kasargod.
22	Sayana P S	MYG 051823	2018	Impact of Adaptive Yoga Programme on Flexibility and Self-Esteem of Hearing Impaired Students	Dr. Subramanya Pailoor	Experimental research study	Jyothibhavan School for Hearing Impaired Children, Nileshwaram



23	Shitha P	MYG 051824	2018	Effect of Structured Yoga Programme on Emotional Status and Functional Balance in the Students With Hearing Impairment	Dr. Sriharisukesh N	Experimental research study	Jyothibhavan School for Hearing Impaired Children, Nileshwaram		
24	Sneha V V	MYG 051825	2018	Impact of Yoga Intervention on Stress and Self Esteem of College Students	Ganapathi Joisa H	Experimental research study	Mahathma, B Ed College. Nileshwaram.		
25	Sukanya S	MYG 051826	2018	Impact of Adaptive Yoga Programme on Cognitive Abilities and Motor Abilities of Differently Abled Young Subjects	Dr. Sriharisukesh N	Experimental research study	Rotary Special School; Mavungal		
26	Sunitha K	MYG 051827	2018	Effect of Structured Yoga Programme on Physical and Psychological Variables Among Adolescents Girls	Dr. Subramanya Pailoor	Experimental research study	GHS Ravaneeshwaram		
27	Vaishakh K	MYG 051828	2018	Effect of adaptive yoga programme on spine flexibility in middle aged women.	Dr. Subramanya Pailoor	Experimental research study	Kudumbashree unit Ajanoor Panchayath		
28	Vidya V	MYG 051829	2018	Effect of Structured Yoga Programme Body Composition and Anxiety in Middle Aged Women	Ganapathi Joisa H	Experimental research study	Kudumbashree Unit Madikkai		
29	Vishnu Koroth	MYG 051830	2018	Attitude Towards Yoga Among PostGraduateStudentsofVariousDepartmentofCentralUniversityofKerala	Dr. Padmanabhan T. V	Experimental research study	CUK Campus		
30	Vishnu V	MYG 051831	2018	Effect of Suryanamaskar on Selected	Dr. Subramanya Pailoor	Experimental research study	Javahar Navodaya School. Periya.		



				Physical and Psychological Variables				
				Among the School Students				
31	Vrinda Madhavan k	MYG 051832	2018	Effect of Yoga Practice on Selected	Dr. Subramanya	Experimental	Govt	College
				Psychological Variables Among College	Pailoor	research study	Kasargod.	
				Students				

Effect of Selected Yoga Training Programme on Various Physical and Physiological Parameters Among Kudumbasree Members

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfilment of the Requirement for the Award of the Degree Of

M.Sc. YOGA THERAPY



Submitted By

ADITHYA.K MYG051801

Faculty Supervisor Dr. PADMANABHAN T V Assistant Professor

DEPARTMENT OF YOGA STUDIES School of Medicine and Public Health

Central University of Kerala,

Periye - 671320, Kasaragod, Kerala

July - 2020

Adithya K, hereby declare that the dissertation entitled " EFFECT OF SELEX ED YOGA TRAINING PROGRAMME ON VARIOUS PHYSICAL AND PHYSIOLOGICAL PARAMETERS AMONG KUDUMBASREE MEMBERS " submitted to the Department of Yoga Studies, Central University of Kerala, is an authentic record of research work carried out by me, under the supervision and guidance of Dr. PADMANABHAN T V, Assistant Professor of Yoga, Department of Yoga Studies, Central University of Kerala and the dissertation work has not been submitted previously in part or as a whole to any University for the award of any Degree/Diploma.

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ADITHYA. K Reg No. MYG051801 Department of Yoga Studies Central University of Kerala

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DEPARTMENT OF YOGA STUDIES

CENTRAL UNIVERSITY OF KERALA केरल केंद्रीय विश्वविद्यालय Thejaswini Hills, Periye, Kasaragod, Kerala 671320

CERTIFICATE

This is to certify that the dissertation entitled "EFFECT OF SELECTED YOGA TRAINING PROGRAMME ON VARIOUS PHYSICAL AND PHYSIOLOGICAL PARAMETERS AMONG KUDUMBASREE MEMBERS" submitted to the Department of Yoga Studies, Central University of Kerala in partial fulfilment of the requirements for the award of the Degree of MASTER OF SCIENCE IN YOGA THERAPY is a record of independent research work done by ADITHYA K, MYG051801 Department of Yoga Studies, Central University of Kerala under my supervision and guidance and the dissertation work has not been previously formed the basis for the award of any Degree, Diploma, to any candidate of any University.

03/07/2020

Head of the Department

are / Academic Co-ordinator

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Dr.Padmanabhan.T.V. Assistant Professor of Yoga Department of Yoga Studies Central University of Kerala





EFFECT OF ADAPTIVE YOGA PROGRAMME ON STRESS AND ANXIETY AMONG OLDER ADULTS

A DISSERTATION

Submitted by AKHIL LAL. K.V Reg. No. MYG051802

In partial fulfillment of the requirements for the award of the degree of MASTER OF SCIENCE IN YOGA THERAPY

> Under the guidance of Dr. PADMANABHAN. T. V

Assistant Professor



DEPARTMENT OF YOGA STUDIES DEPT. OF YOGA STUDIES, SCHOOL OF MEDICINE AND PUBLIC HEALTH, CENTRAL UNIVERSITY OF KERALA, KASARAGOD JULY 2020

I AKHIL LAL K.V. hereby declare that the dissertation entitled " **EFFECT OF ADAPTIVE YOGA PROGRAMME ON STRESS AND ANXIETY AMONG OLDER ADULTS**" submitted to the Department of Yoga Studies , Central University of Kerala, is a record of independent research work done by me under the supervision and guidance of **Dr. PADMANABHAN.T.V.,** Assistant Professor of Yoga, Department of Yoga Studies, Central University of Kerala and the dissertation work has not been submitted previously in part or as a whole to any University for the award of any Degree/Diploma.

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Periya

3rd July 2020

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CERTIFICATE

This is to certify that the dissertation entitled "EFFECT OF ADAPTIVE YOGA PROGRAMME ON STRESS AND ANXIETY AMONG OLDER ADULTS" submitted to submitted to the Department of Yoga Studies, Central University of Kerala in partial fulfillment of the requirements for the award of the Degree of MASTER OF SCIENCE IN YOGA THERAPY is a record of independent research work done by AKHIL LAL. K.V, Reg. No. MYG051802 Department of Yoga Studies, Central University of Kerala under my supervision and guidance and the dissertation work has not been previously formed the basis for the award of any Degree, Diploma, to any candidate of any University.

Subra nany 1 03/7/2020

Head of the Department

शैक्षिक समन्वयक / Academic Co-ordinator योPeriya विभाग/ Department of Yoga Studies यिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल 3rd July 2020licine and Public Health केरल केन्द्रीय विश्वविद्यालय Central University of Kerala तंजनिवनी हिल्स, पेरिया डाक / Tejaswini Hills, Periya फासरगोड, केरल / Kasaragod, Kerala- 671 316

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Dr.Padmanabhan,T.V. Assistant Professor of Yoga Department of Yoga Studies Central University of Kerala



111

A Study on the Effect of Yoga Intervention on Body Composition and Flexibility in Female Subject with Overweight

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfillment of the Requirement for the Award of the Degree of

M.Sc. YOGA THERAPY



Submitted By, AMBILI K V MYG051803

Faculty Supervisor

Dr. Ganapathi Joisa

Assistant Professor

Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

School of Medicine and Public Health Central University of Kerala Periye-671320, Kasaragod, Kerala July - 2020

I

I AMBILI K.V hereby declare that the project work entitled "EFFECT OF YOGA INTERVENTION ON BODY COMPOSITION AND FLEXIBILITY IN FEMALE SUBJECTS WITH OVERWEIGHT", is an original work prepared by me, under the guidance of DR. GANAPATHI JOISA during the academic year 2018-2020. I also declare that this study or any part of this study has not been submitted to any other institutions for any degree or any other similar title.

Place: Periya Date: 31.07.2020

Abt .

Signature of the candidate

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CENTRAL UNIVERSITY OF KERALA केरल केंद्रीय विश्वविद्यालय

Thejaswini Hills, Periye, Kasaragod, Kerala 671320

CERTIFICATE

This is to certify that the project work entitled "EFFECT OF YOGA INTERVENTION ON BODY COMPOSITION AND FLEXIBILITY IN FEMALE SUBJECTS WITH OVERWEIGHT", is a genuine work, successfully completed by AMBILI.K.V, MYG051803 IV semester M.Sc. Yoga Therapy, is submitted to Central University of Kerala, under my guidance in partial fulfilment of the requirements for the award of post graduate degree, M.Sc. Yoga Therapy during the academic year 2018-2020. It also certified that this study or any part of it has not been submitted to any other institution for any degree or any other similar title.

Subramanya Head of the Department

H- Gano pathi Join Signature of the Guide

मितिक समन्वपक / Academic Co-ordinator Place: T अध्ययन दिलारी Department of Yoga Studies चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल School of Medicine and Public Health Date Diversity of Kerala Central University of Kerala Anderfi fert, ufrai 316 / Tejaswini Hills, Periya कासरगोड, केरल / Kasaragod, Kerala- 671 316



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Personality Traits According to Triguna among the Post Graduate Students of Central University of Kerala

Submitted to the Department of Yoga Studies of Central University of Kerala in partial fulfillment of the Requirement for the Award of the Degree of

M.Sc. YOGA THERAPY



Submitted By, ANJANA K MYG051804

Faculty Supervisor Dr. Subramanya Pailoor Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

School Of Medicine and Public Health, Central University of Kerala Periye-671320, Kasaragod, Kerala July 2020

Submitted to

I ANJANA.K hereby declare that the dissertation entitled "PERSONALITY TRAITS ACCORDING TRIGUNA AMONG POST GRADUATE STUDENTS OF

CENTRAL UNIVERSITY OF KERALA" submitted to the Department of Yoga Studies, Central University of Kerala, is a record of independent research work done by me under the supervision and guidance of **Dr. SUBRAMANYA PAILOOR**, Academic Coordinator, Department of Yoga Studies, Central University of Kerala and the dissertation work has not been submitted previously in part or whole to any University for award of any degree/diploma.

Place:Periye Date: 06/07/2020 ANJANA K



DEPARTMENT OF YOGA STUDIES

CENTRAL UNIVERSITY OF KERALA

Tejaswini Hills, Periye PO, Kasaragod - 671 316

CERTIFICATE

This is to certify that the project work entitled **PERSONALITY TRAITS ACCORDING TO TRIGUNA AMONG POST GRADUATE STUDENTS OF CENTRL UNIVRSITY OF KERALA** submitted to the Department of Yoga Studies, Central University of Kerala in partial fulfillment of the requirements for the award of Degree of, **MASTER OF SCIENCE IN YOGA THERAPY** is a record of independent work done by **ANJANA.K** Department of Yoga Studies, Central University of Kerala, under my supervision and guidance and the dissertation work has not been previously formed the basis for any Degree, Diploma to any candidate of any University.

Date: 06/07/2020 Place: Periye

Signature of the Guide

Signature of Head of the Department



शौक्षिक समन्वयक / Academic Co-ordinator योग अव्ययन विभाग/ Department of Yoga Studies चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल School of Medicine and Public Health केरल केन्द्रीय विश्वविद्यालय Central University of Kerala तेजरिवनी हिल्स, योविया ठाक / Tejaswini Hills, Periya कासरगोड, केरल / Kasaragod, Kerala- 671 316

in the

A study on the Effect of Yoga Training on Attention and Short-term Memory of school students

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfillment of the Requirement for the Award of the Degree of

M.Sc. YOGA THERAPY



Submitted By, ANJU N T MYG051805

Faculty supervisor Dr. PADMANABHAN T V Assistant Professor Department of Yoga studies

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School of Medicine and Public Health Central University of Kerala Periye-671320, Kasaragod, Kerala July - 2020

1

I ANJU NT hereby declare that the dissertation entitled "IMPACT OF YOGA TRAINING ON ATTENTION AND SHORT-TERM MEMORY OF SCHOOL STUDENTS" submitted to the department of yoga studies, Central University of Kerala is a record of independent research work done by me under the supervision and guidance of Dr. PADMANABHAN T V, Assistant Professor of yoga, Department of Yoga Studies, Central University of Kerala and the dissertation work has not been submitted previously in part or as a whole to any university for the award of any Degree/Diploma.

ANJU N T

Reg.No. MYG051805 Department of Yoga Studies, Central University of Kerala

Periye 3rd July 2020

J SIL

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DEPARTMENT OF YOGA STUDIES CENTRAL UNIVERSITY OF KERALA

Thejaswini Hills, Periye, Kasaragod, Kerala 671320

CERTIFICATE

This is to certify that the dissertation entitled "IMPACT OF YOGA TRAINING ON ATTENTION AND SHORT-TERM MEMORY OF SCHOOL STUDENTS" submitted to the Department of Yoga Studies, Central University of Kerala in partial fulfilment of the requirements for the award of the degree of MASTER OF SCIENCE IN YOGA THERAPY is a record of independent research work done by ANJU N T Department of Yoga Studies, Central University of Kerala under my supervision and guidance and the dissertation work has not been previously formed the basis for the award of any Degree, Diploma, to any candidate

Dolma 1

Head of the Department

शैक्षिक समन्दयक / Academic Co-ordinator योग अ Periyam/ Department of Yoga Studies चित्रित्सा एवं सावेशनिक स्वास्थ्य स्कूल S. 300 July, 2020, and Public Health केरस केन्द्रीय विश्वविद्यालय Central University of Kerala जियनी दिल्स, पीरिया साह / Tejaswini Hills, Periya आसरगोड, फेरल / Kasaragod, Kerala- 671 316 Dr.Padmanabhan.T.V. Assistant Professor of Yoga Department of Yoga Studies Central University of Kerala



Personality Traits According to Tridosha Among the Post Graduate Students of Central University of Kerala

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfillment of the Requirements for the Award of the Degree of

M.Sc. YOGA THERAPY



Submitted By, ARYA ABRAHAM MYG051807

Faculty Supervisor

Dr.Sriharisukesh N Assistant Professor, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

School Of Medicine and Public Health Central University of Kerala Periye – 671320, Kasaragod, Kerala July - 2020

Submitted 1 Partial I ARYA ABRAHAM hereby declare that the dissertation entitled "PERSONALITY TRAITS ACCORDING TO TRIDOSHA AMONG POST GRADUATE STUDENTS OF CENTRAL UNIVERSITY OF KERALA" submitted to the Department of Yoga Studies, Central University of Kerala, is a record of independent research work done by me under the supervision and guidance of Dr. SRIHARISUKESH N, Assistant professor, Department of Yoga Studies, Central University of Kerala and the dissertation work has not been submitted previously in part or whole to any University for award of any degree/diploma.

ii

Place: Periye Date: 7/7/2020 ARYA ABRAHAM



DEPARTMENT OF YOGA STUDIES CENTRAL UNIVERSITY OF KERALA के रलकें द्रीयविश्वविद्यालय

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CERTIFICATE

This certified that the project work entitled PERSONALITY TRAITS ACCORDING TO TRIDOSHA AMONG POST GRADUATE STUDENTS OF CENTRAL UNIVERSITY OF KERALA, is a genuine work, successfully completed by ARYA ABRAHAM, MYG051807 IV th semester M.Sc. Yoga Therapy, is submitted to Central University of Kerala, under my guidance in partial fulfillment of the requirements for the award of post graduate degree, M.Sc. Yoga Therapy during the academic year 2018-2020. It also certified that this study or any part of it has not been submitted to any other institution for any degree or any other similar title.

Place: Periye

Date:7/7/2020

Signature of the Guide



Signature of Head of the Dept.

शैक्षिक समन्वयक / Academic Co-ordinator चोग अव्ययन विभाग/ Department of Yoga Studies चिकित्सा एवं सार्वजनिक स्वास्थ्य स्थूल School of Medicine and Public Health केस्त देन्द्रीय जिल्ल्येज्ञालय Central University of Kerala तेलस्विनी हिस्स, परिया डाक / Tejaswini Hills, Periya कासरगोड, थेरल / Kasaragod, Kerala- 671 316

Effect of Structured Yoga Programme on Blood Pressure and Bodyweight of Middle Aged

Women

Fulfillment of the Requirement for the Award of the Degree of

M.Sc YOGA THERAPY



Submitted BY ASHOK RAJ MYG051808

Faculty Supervisor Dr. Subramanya Pailoor Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES School of Medicine and Public Health Central University of Kerala Periye-671320, Kasaragod, Kerala July - 2020



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CERTIFICATE

This is to certify that the dissertation entitled "Effect of Structured **Yoga Programme on Blood Pressure and Body Weight among Middle Aged Women**" submitted to the Department of Yoga Studies, Central **University of Kerala in partial fulfillment of the requirements for the award of Degree of MASTER OF SCIENCE IN YOGA THERAPY** is a record of **Independent research work done by Ashok Raj** Department of Yoga Studies, **Central** University of Kerala under my supervision and guidance and the **Essertation work has not been previously formed the basis for the award of any Degree, Diploma, to any candidate of any University.**

जोग अध्ययन विभाग

केरल केंद्रीय विश्वविद्याल

CENTRAL UNIVERSITY OF KERALA

WITHTON & ACASARAGOD - 571315

Head of the Department

Guide

समन्वयक / Academic Co-ordinator स्वा दिभाग/ Department of Yoga Studies Erry बेलला एवं साव शान्य व्यास्य स्वान July 2020 जीव विश्व स्वान्य Central University of Kerala हिल्ल, पेरिया डाफ / Tejaswini Hills, Periya

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ted to the L

entiting.

I, Ashok Raj hereby declare that this dissertation work entitled "Effect of Structured Yoga Programme on Blood Pressure and Body Weight among Middle Aged Women" is an original work prepared by me, under the guidance of Dr. Subramanya Pailoor, Academic Coordinator, Department of Yoga Studies, Central University of Kerala, during the academic year 2019-2020. I also declare that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Periye Date: 20 July 2020

Ashok Raj B

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Effect of Adaptive Yoga Programme on Quality of Life and Psycho Motor Variables Among Older Adults

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfilment of the Requirement for the award of the Degree of

M.Sc. YOGA THERAPY



Submitted By, ASHOKAN .K MYG051809

Faculty Supervisor Dr. Subramanya Pailoor

Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

School of Medicine and Public Health Central University of Kerala, Periye–671320, Kasaragod, Kerala July - 2020

I ASHOKAN.K hereby declare that the dissertation entitled "EFFECT OF ADAPTIVE YOGA PROGRAMME ON QUALITY OF LIFE AND PSYCHO MOTOR VARIABLES AMONG OLDER ADULTS ", is an original work prepared by me, under the guidance of DR. SUBRAMANYA PAILOOR during the academic year 2018-2020. I also declare that this study or any part of this study has not been submitted to any other institutions for any degree or any other similar title.

Place: PERIYE Date: 4-07-2020

L

ASHOKAN.K



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Thejaswini Hills, Periye, Kasaragod, Kerala 671320

CERTIFICATE

This is to certify that the project work entitled "EFFECT OF ADAPTIVE YOGA PROGRAMME ON QUALITY OF LIFE AND PSYCHO MOTOR VARIABLES AMONG OLDER ADULTS", is a genuine work, successfully completed by ASHOKAN.K, MYG051809 IV semester M.Sc. Yoga Therapy, is submitted to central university of Kerala, under my guidance in partial fulfillment of the requirements for the award of post graduate degree, M.Sc. Yoga Therapy during the academic year 2018-2020. It also certified that this study or any part of it has not been submitted to any other institution for any degree or any other similar title.

Place: PERIYE

Date: 4-07-2020

Signature of Guide

चोग अध्ययन विमाग * केरल केंद्रीय विद्याविद्यालय CENTRAL UNIVERSITY OF KERALA यो रिया/Periye आसागोड/KASARAGOD - 671315 MATMENT OF YOGA STU

Signature of the HODs समन्वयक / Academic Co-ordinator योग अध्ययन दिभाग/ Department of Yoga Studies चिकित्सा एवं सार्वजनिक स्वाख्य स्कूल School of Medicine and Public Health केस्त केन्द्रीय बिग्धविद्यालय Central University of Kerala तेजरिवनी क्रिल्स, पेरिया डाक / Tejaswini Hills, Periya कासरगोड, केरल / Kasaragod, Kerala- 671 316 A Study on the Effect of Yoga Program on Psychomotor Variables among Junior Athletes

Submitted to the Department of Yoga Studies Central University of Kerala in

Partial Fulfilment of the Requirement for the Award of the Degree of MSc. YOGA THERAPY



Submitted By DILEEP B.O MYG051810

Under the guidance of Dr. PADMANABHAN T V Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES School of Medicine and Public Health Central University of Kerala Periye-671320, Kasaragod, Kerala July-2020

I hereby declare that the dissertation entitled "EFFECT OF YOGA TRAINING ON PSYCHOMOTOR VARIABLES AMONG JUNIOR ATHLETES", submitted to the Department of Yoga Studies , Central University of Kerala, is a record of independent research work done by me under the supervision and guidance of Dr. PADMANABHAN T V Assistant Professor of Yoga, Department of Yoga Studies, Central University of Kerala and the dissertation work has not been submitted previously in part or as a whole to any University for the award of any Degree/Diploma.

DILEEP B.O. Reg. No .MYG051810 Department of Yoga Studies, Central University of Kerala

Periya 3rd July 2020

CERTIFICATE

This is to certify that the dissertation entitled EFFECT OF YOGA TRAINING ON PSYCHOMOTOR VARIABLES AMONG JUNIOR ATHLETES, submitted to submitted to the Department of Yoga Studies, Central University of Kerala in partial fulfilment of the requirements for the award of the Degree of MASTER OF SCIENCE IN YOGA THERAPY is a record of independent research work done by DILEEP B.O. Department of Yoga Studies, Central University of Kerala under my supervision and guidance and the dissertation work has not been previously formed the basis for the award of any Degree, Diploma, to any candidate of any University.

Head of the Department

Central University of Kerala Central University of Kerala Eret, पंतपा उक्त / Tejaswini Hills, Periya

Salmar-

Dr.Padmanabhan.T.V. Assistant Professor of Yoga Department of Yoga Studies Central University of Kerala



Effect of Structured Yoga Programme on Lung Function Parameters and Stress Among Middle Aged Women

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfillment of the Requirement for the Award of the Degree of

M.Sc. YOGA THERAPY



Submitted By DIVYADIVAKAR V M MYG051811

Faculty Supervisor DR. T V Padmanabhan Assistant Professor Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

School of Medicine and Public Health Central university of Kerala Periya-671320, Kasaragod, Kerala July-2020

I, DIVYA DIVAKAR V M hereby declare that the dissertation entitled "EFFECTS OF STRUCTURED YOGA PROGRAMME ON LUNG FUNCTION PARAMETERS AND STRESS AMONG MIDDLE AGED WOMEN", submitted to the department of yoga studies, Central University of Kerala, is a record of independent research work done by me under the supervision and guidance of DR. PADMANABHAN T V, Assistant Professor of Yoga, Department of Yoga studies, Central University of Kerala, and the dissertation work has not been submitted previously in part or as a whole to any University for the award of any Degree/Diploma.

m

DIVYA DIVAKAR V M Reg.No. MYG051811 Department of Yoga studies Central University of Kerala

Periya 3rd July 2020

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Submitted Parti



DEPARTMENT OF YOGA STUDIES CENTRAL UNIVERSITY OF KERALA केरल केंद्रीय विश्वविद्यालय

Thejaswini Hills, Periye, Kasaragod, Kerala 67131

CERTIFICATE

This is to certify that the dissertation entitled "EFFECTS OF **FUNCTION** LUNG PROGRAMME ON YOGA STRUCTURED PARAMETERS AND STRESS AMONG MIDDLE AGED WOMEN", submitted to the Department of Yoga Studies, Central University of Kerala partial fulfillment of the requirements for the award of the Degree of MASTER OF SCIENCE IN YOGA THERAPY is a record of independent research work done by DIVYA DIVAKAR V M, Department of Yoga Studies, Central University of Kerala under my supervision and guidance and the dissertation work has not been previously formed the basis for the award of any Degree, Diploma, to any candidate of any university.

त्ताग आध्ययन विभाग

केरल केंद्रीय मिश्वविद्यालग CENTRAL UNIVERSITY OF KERALA TITS /KASARAGOD -67131 MENT OF YOG

Head of the Department

Hes means / Academic Co-ordinator Periya Department of Yoga Studies निक स्वाख्य स्कल 3rd July 2020 d Public Health काल केन्द्रीय विश्वविद्यालय Central University of Kerala कार्यक प्राप्त, परिया हाक / Tejaswini Hills, Periya manufic. erri / Kasaragod, Kerala- 671 316

Salmos

Dr.Padmanabhan.T.V. Assistant Professor of Yoga Department of Yoga Studies Central University of Kerala

EFFECT OF YOGA INTERVENTION ON POSITIVE AND NEGATIVE AFFECT AMONG RESEARCH SCHOLARS OF VARIOUS DEPARTMENTS OF CENTRAL UNIVERSITY OF KERALA

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfilment of the Requirement for the Award of the Degree of



Submitted By,

HARILAL S S

MYG051812

Faculty Supervisor Dr. Padmanabhan T.V Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

School Of Medicine and Public Health Central University of Kerala Periye-671320, Kasaragod, Kerala July 2020

ii

I HARILAL S.S hereby declare that the dissertation entitled "EFFECT OF YOGA INTERVENTION ON POSITIVE AND NEGATIVE AFFECT AMONG RESEARCH SCHOLARS OF VARIOUS DEPARTMENTS OF CENTRAL UNIVERSITY OF KERALA" submitted to the Department of Yoga Studies, Central University of Kerala, is a record of independent research by me under the guidance of Dr .PADMANABHAN, Assistant Professor of Yoga Department of Yoga Studies, Central University of Kerala and the dissertation work has not been submitted previously in part or as a whole to any University for the award of any Degree/Diploma

HARILAL S.S.

Reg. No. MYG 051812 Department of Yoga Studies Central University of Kerala

Periya 3rd July 2020



DEPARTMENT OF YOGA STUDIES CENTRAL UNIVERSITY OF KERALA केरल केंद्रीय विश्वविद्यालय Thejaswini Hills, Periya, Kasargod, Kerala, 671320

CERTIFICATE

This is to certify that the dissertation entitled "EFFECT OF YOGA INTERVENTION ON POSITIVE AND NEGATIVE AFFECT AMONG RESEARCH SCHOLORS OF VARIOUS DEPARTMENTS OF CENTRAL UNIVERSITY OF KERALA-submitted to Department of Yoga studies, Central University of Kerala in partial fulfilment of the requirements for the award of the Degree of MASTER OF SCIENCE IN YOGA THERAPY is a record of independent research work done by HARILAL S.S ,Reg. No. MYG 051812, Department of Yoga Studies, Central University of Kerala under my supervision and guidance and the dissertation work has not been previously formed the basis for the award of any Degree, Diploma, to any candidate of any University.

Head of the Department Dr.Padmanabhan.T.V. Dr.Padmanabhan.T.V. Assistant Professor of Yoga Department of Yoga Studies Periya of maintee taneat type Shool of Medicine and Public Health acter to all a citume Central University of Kerala Fert, fifter are / Tejaswini Hills, Periya to the total fifter are / Tejaswini Hills, Periya

EFFECT OF STRUCTURED YOGA PROGRAMME ON STATIC BALANCE AND PERCEIVED STRESS AMONG MIDDLE AGED WOMEN

In partial fulfillment of the requirements for the award of the degree of

MASTER OF SCIENCE IN YOGA THERAPY



Submitted by JISHNU P BIJU Reg. No:MYG051813

Under the guidance of Dr. PADMANABHAN T V Assistant Professor Department of Yoga Studies

DEPT. OF YOGA STUDIES School Of Medicine And Public Health Central University Of Kerala Periye – 671320, Kasaragod, Kerala July 2020

I JISHNU P BIJU, hereby declare that the dissertation entitled "EFFECT OF STRUCTURED YOGA PROGRAMME ON STATIC BALANCE AND PERCEIVED STRESS AMONG MIDDLE AGED WOMEN" submitted to the Department of Yoga Studies, Central University of Kerala, is a record of independent research work done by me under the supervision and guidance of Dr. PADMANABHAN T. V, Assistant Professor of Yoga, Department of Yoga Studies, Central University of Kerala and the dissertation work has not been submitted previously in part or as a whole to any University for the award of any Degree/Diploma.

Periya 3rd July 2020 JISHNU P BIJU Department of Yoga Studies Central University of Kerala

CERTIFICATE

This is to certify that the dissertation entitled "EFFECT OF STRUCTURED YOGA PROGRAMME ON STATIC BALANCE AND PERCEIVED STRESS AMONG MIDDLE AGED WOMEN" submitted to the Department of Yoga Studies, Central University of Kerala in partial fulfillment of the requirements for the award of the Degree of MASTER OF SCIENCE IN YOGA THERAPY is a record of independent research work done by JISHNU P BIJU Department of Yoga Studies, Central University of Kerala under my supervision and guidance and the dissertation work has not been previously formed the basis for the award of any Degree, Diploma, to any candidate of any University.

Head of the Department

Periyat/ Department of Yoga Studies पित्रासा एवं सार्वजनिक स्वास्थ्य स्कूल Scool July, 2020 and Public Health वेरल केन्द्रीय विश्वविद्यालय Central University of Kerala दिल्स, पीरया डाक / Tejaswini Hills, Periya

Johnas-

Dr. Padmanabhan.T.V. Assistant Professor of Yoga Department of Yoga Studies Central University of Kerala



Effect of Yoga Training on Coordinative and Cognitive

Abilities of School Students

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfilment of the Requirement for the Award of the Degree of

M.Sc. YOGA THERAPY



Submitted by: JITHI T MYG051814

Faculty Supervisor Dr. Subramanya Pailoor Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES School of Medicine and Public Health Central University of Kerala Periye-671320, Kasaragod, Kerala July-2020

ii

I JITHI T hereby declare that the dissertation entitled "EFFECTS OF YOGA TRAINING ON COORDINATIVE AND COGNITVE ABILITIES OF SCHOOL STUDENTS" submitted to the department of yoga studies, Central University of Kerala, is a record of independent research work done by me under the supervision and guidance of Dr. GANAPATHI JOISA, Assistant Professor of yoga, Department of Yoga Studies, Central University of Kerala and the dissertation work has not been submitted previously in part or as a whole to any university for the award of any Degree/Diploma

Signature of the candidate

Place: PERIYA Date: 08/07/2020



DEPARTMENT OF YOGA STUDIES CENTRAL UNIVERSITY OF KERALA केरल केंद्रीय विश्विद्यालय

Thejaswini Hills, Periye, Kasaragod, Kerala 671320

CERTIFICATE

This is to certify that the dissertation entitled "EFFECT OF YOGA TRAINING ON COORDINATIVE AND COGNITIVE ABILITIES OF SCHOOL STUDENTS" submitted to the Department of Yoga Studies, Central University of Kerala in partial fulfillment of the requirements for the award of the degree of MASTER OF SCIENCE IN YOGA THERAPY is a record of independent research work done by JITHI T Department of Yoga Studies, Central University of Kerala under my supervision and guidance and the dissertation work has not been previously formed the basis for the award of any Degree, Diploma, to any candidate of any University.

Head of the Department

Signature of the Guide

Place: PERIT प्रायन विभाग/ Department of Yoga Studies चिकित्सा एवं सार्वजनिम स्वास्व्य स्कूल School of Medicine and Public Health Date: 08/07/2020 जानव Central University of Kerala दिल्ला, पेरिया डाक / Tejaswini Hills, Periya बाह्यस्पींड, फेरस / Kasaragod, Kerala- 671 316



EFFECT OF YOGA TRANING ON PHYSICAL FITNESS OF COLLEGE STUDENTS.

Submitted to the department of Yoga studies of Central University of Kerala in Practical fulfilled of the requirements for the award of the degree of

M.Sc.YOGA THERAPY



Submitted by JYOTHIKA P M MYG051815

Faculty Supervisor

Dr.Subhramanya Pailoor

Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES School of medicine And Public Health,Central University of Kerala Periya-671320,Kasaragod,Kerala July2020

i

ANNEXURE -II DECLARATION

JYOTHIKA.P. M hereby declare that the dissertation entitled "EFFECT OF YOGA TRANING ON PHYSICAL FITNESS OFCOLLEGSTUDENTS" submitted to the Department of Yoga Studies, Central University of Kerala, is a record of independent research work done by me under the supervision and guidance of Dr.SUBRAMANYA PAILOOR Assistant Professor of Yoga Department of Yoga Studies, Central University of Kerala and the dissertation work has not been submitted previously in part or as a whole to any University for the award of any Degree/Diploma.

Signature of the candidate

Place: Periya

Date: 08-07-2020



CENTRAL UNIVERSITY OF KERALA DEPARTMENT OF YOGA STUDIES TEJASWINI HILLS (PO) KASARAGOD, (DT)

CERTIFICATE

This is to certify that the dissertation entitled "EFFECT OF YOGA TRANING ON PHYSICAL FITNESS OF COLLEGE STUDENTS" submitted to submitted to the Department of Yoga Studies, Central University of Kerala in partial fulfilment of the requirements for the award of the Degree of MASTER OF SCIENCE IN YOGA THERAPY is a record of independent research work done By JYOTHIKA P M Department of Yoga Studies, Central University of Kerala under my supervision and guidance and the dissertation work has not been previously formed the basis for the award of any Degree, Diploma, to any candidate of any University.

Head of Department

Place: Periya Academic Co-ordinator जोग अध्ययन विभाग/ Department of Yoga Studies Date: 1008-07-2020 स्वास्थ्य स्कूल School of Medicine and Public Health बेरल कन्द्रीय विश्वविद्यालय Central University of Kerala केलस्विनी हिल्स, पेरिया डाक / Tejaswini Hills, Periya कासरगोठ, केरल / Kasaragod, Kerala- 671 316 Signature of the Guide



A Study on the Effect of Selected Yoga Practices on Anxiety and Biochemical Parameters among Perimenopausal Women

Submitted to the department of yoga studies of central university of kerala in partial fulfilment of the requirement for the award of the degree of

MSc. YOGA THERAPY



Submitted by, KOMALAVALLI K.V. MYG051816

Faculty superviser

Dr Subramanya Pailoor

Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

School of Medicine and Public Health Central University of Kerala, Periye- 671320, Kasaragod, Kerala. July 2020

Submitt

OF PGT

A St

I, KOMALAVALLI K.V. hereby declare that the dissertation entitled "EFFECT OF SELECTED YOGA PRACTICES ON ANXIETY AND BIOCHEMICAL PARAMETERS AMONG PERIMENOPAUSAL WOMEN" submitted to the Department of Yoga Studies, Central University of Kerala, is a record of independent research work done by me under the supervision and guidance of Dr. SRIHARI SUKESH, Lecturer, Department of Yoga Studies, Central University of Kerala and dissertation work has not been submitted previously in part or as a whole to any university for the award of any Degree / Diploma.

Signature of the candidate

Place : Periye

Date : 02/07/2020

Centr

CERTIFICATE

This is to certify the dissertation entitled "EFFECT OF SELECTED YOGA PRACTICES ON ANXIETY AND BIOCHEMICAL PARAMETERS AMONG PERIMENOPAUSAL WOMEN" submitted to the Department of Yoga Studies, Central University of Kerala in partial fulfilment of the requirements of award of the Degree of MASTER OF SCIENCE IN YOGA THERAPY is a record of independent research work done by Komalavalli K V, Reg No.MYG051816, Department of Yoga Studies, Central University of Kerala, under my supervision and guidance and dissertation work has not been previously formed the basis for award of any Degree / Diploma to any candidate of any university.

Head of the Department

Signature of the Guide

Place : Periye / Academic Co-ordinator and academic former of Yoga Studies furnessed of Vieldiche and Public Health acte academic for former Control University of Kerala and the former of Yoga Studies control University of Kerala and the former of Kerala and the former of Kerala and the former of Kerala



iii

Effect of Integrated Yoga Module on Positive and Negative Emotions of B.Ed. Students.

Submitted to the Department of Yoga studies of Central University of Kerala in Partial Fulfillment of the Requirement for the Award of the Degree of

M.Sc. YOGA THERAPY



Submitted by, NEETHU M MYG051817

Faculty Supervisor Dr. Subramanya Pailoor Head, Department of Yoga Studies

DEPARTMENT OF YOGA SYUDIES School of Medicine and Public Health Central University of Kerala Periya- 671320, Kasaragod, Kerala July 2020.

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Suomitte Kerala in

I Neethu, hereby declare that this Project Work entitled "EFFECT OF INTEGRATED YOGA MODULE ON POSITIVE AND NEGATIVE EMOTIONS OF B.Ed. STUDENTS", is an original work prepared by me, under the guidance of Dr. Sriharisukesh, lecturer, Department of Yoga Studies, Central University of Kerala, during the academic year 2018-2020. I also declare that this study or any part of it has not been submitted to any other institutions for any degree or other similar tittle.

Place: Periya

Date: 5.7.2020 NEETHU. M



DEPARTMENT OF YOGA STUDIES

CENTRAL UNIVERSITY OF KERALA

केरल केंद्रीय विश्वविद्यालय

Thejaswini Hills, Periye, Kasaragod, Kerala 671320

CERTIFICATE

This is to certify that the project work entitled "EFFECT OF INTEGRATED YOGA MODULE ON POSITIVE AND NEGATIVE EMOTIONS OF B.Ed. STUDENTS" is a genuine work, successfully completed by NEETHU M, MYG051817, IV semester M.Sc. Yoga Therapy, is submitted to the Central University of Kerala under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree, M.Sc. in Yoga Therapy during the academic year 2019-2020. 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 : Periya Date : 5.7.2020 Signature of the Guide

Signature of Head of the Department



शैक्षिक समन्वयक / Academic Co-ordinator योग अध्ययन तिभाग/ Department of Yoga Studies चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल School of Medicine and Public Health केरस केन्द्रीय विश्वाद्यालय Central University of Kerpla तेजसिनमी हिन्स, पेरिया डाक / Tejaswini Hills, Periya कासरगोड, केरल / Kasaragod, Kerala- 671 316

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5.7.21

THUE

Effect of Yoga Training on Lumbar Flexibility and Muscular Strength of School Students

Submitted to the Department of Yoga Studies Central University of Kerala in Partial Fulfillment of the Requirement for the Award of the Degree of

M.Sc YOGA THERAPY



Submitted By,

NIMINA AV

MYG051818

Faculty Supervisor Dr. Subramanya Pailoor Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

School of Medicine and Public Health Central University of Kerala Periye-671320, Kasaragod, Kerala July - 2020 Effect of

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DECLARATION

I NIMINA A V hereby declares that the project work entitled "EFFECT OF YOGA TRAINING ON LUMBAR FLEXIBILITY AND MUSCULAR STRENGTH OF SCHOOL STUDENTS", is an original work prepared by me, under the guidance of DR. SUBRAMANYA PAILOOR during the academic year 2018-2020. I also declare that this study or any part of this study has not been submitted to any other institutions for any degree or any other similar title.

Place:Periye Date: 09/07/2020 NIMINA A V



DEPARTMENT OF YOGA STUDIES

CENTRAL UNIVERSITY OF KERALA केरल केंद्रीय विश्वविद्यालय

Thejaswini Hills, Periye, Kasaragod, Kerala 671320

CERTIFICATE

This certified that the project work entitled EFFECT OF YOGA TRAINING ON LUMBAR FLEXIBILITY AND MUSCULAR STRENGTH OF SCHOOL STUDENTS, is a genuine work, successfully completed by NIMINA A V, MYG051818 IV semester M.Sc. Yoga Therapy, is submitted to Central University of Kerala, under my guidance in partial fulfillment of the requirements for the award of post graduate degree, M.Sc. Yoga Therapy during the academic year 2018-2020. It also certified that this study or any part of it has not been submitted to any other institution for any degree or any other similar title.

Place: Periye

Date: 09/07/2020

Signature of the Guide

Signature of Head of the Department



शैक्षिक समन्वयक / Academic Co-ordinator योग अव्ययन विभाग/ Department of Yoga Studies चिकिस्सा एवं सार्वजांत ह स्वाख्य स्कूल School of Medicine and Public Health केरल केजीय विश्वविद्यालय Central Loiversity of Kerala तेजसिननी हिल्स, पेरिवा डाक / Tejaswini Hills, Periya कासरगोड, फेरल / Kasaragod, Kerala- 671 316

Impact of Structured Yoga Programme on Physical Variables and Emotions Among Middle Aged Men

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfilment of the Requirement for the award of the Degree of

M.Sc. YOGA THERAPY



Submitted By, RAHUL V.N. MYG051819

Faculty Supervisor

Dr. Padmanabhan T.V. Assistant Professor, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

School of Medicine and Public Health

Central University of Kerala,

Periye-671320, Kasaragod, Kerala

July 2020

I RAHUL V N hereby declare that the dissertation entitled "IMPACT OF STRUCTURED YOGA PROGRAMME ON PHYSICAL VARIABLES AND EMOTIONS AMONG MIDDLE AGED MEN", is an original work prepared by me, and submitted to Central University in partial fulfillment of requirements for the award of Master of Science in Yoga Therapy under the guidance of DR.PADMANABHAN T V during the academic year 2018-2020. I also declare that this study or any part of this study has not been submitted to any other institutions for any degree or any other similar title.

Periye 3rd July2020

Val

RAHUL V N .MYG051819 Department of Yoga studies Central university of Kerala



DEPARTMENT OF YOGA STUDIES CENTRAL UNIVERSITY OF KERALA केरलकेन्द्रीयविश्वविद्यालय

Thejaswini Hills, Periye, Kasaragod, Kerala 671320

CERTIFICATE

This is to certify that the dissertation entitled "IMPACT OF STRUCTURED YOGA PROGRAMME ON PHYSICAL VARIABLES AND EMOTIONS AMONG MIDDLE AGED MEN" submitted to the Department of Yoga studies, Central University of Kerala in partial fulfillment of the requirements for the award of the Degree of MASTER OF SCIENCE IN YOGA THERAPY during the academic year 2018-2020 is a record of independent research work done by RAHUL V N, MYG051819, M.Sc. Yoga Therapy, Department of Yoga studies, Central University of Kerala under my supervision and guidance and the dissertation work has not been previously formed the basis for the award of any Degree, Diploma, to any candidate of any University.

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केरल केंद्रीय विश्वविद्यालय CENTRAL UNIVERSITY OF KERALA पी TRATPeriye कामाणोड MSARAGOD - 671316 RTMENT OF YOGA 570

Head of the Department

होडिक समन्वयक / Academic Co-ordinator प्रायम मिलमा एवं सार्वजनिक स्वास्थ्य स्कूल Sci319 July 2020 and Public Health केरल केन्द्रीय विश्वविद्यालय Central University of Kerala

कालग्येड, केरल / Kasaragod, Kerala- 671 316

Jalman _____

Dr.Padmanabhan.T.V. Assistant Professor of Yoga Department of Yoga Studies Central University of Kerala

A study on the Effect of Pranayama and Yoga-Nidra on Psycho-Physiological Variables and Geriatric Anxiety of Elderly Living in Old Age Home

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfillment of the Requirement for the Award of the Degree of

M.Sc. YOGA THERAPY



Submitted By, RAMADASAN.N MYG051820

Faculty Supervisor

Dr. Subramanya Pailoor

Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

School of Medicine and Public Health Central University of Kerala Periya-671320, Kasargod, Kerala July – 2020 A study o Physiologic

Submitted to Partial Fi



DEPARTMENT OF YOGA STUDIES केरल केन्द्रिय विश्वविध्यालय

TEJASWINI HILLS, PERIYA (PO), KASARAGOD (DT)

CERTIFICATE

This certified that the project work entitled EFFECT OF PRANAYAMA AND YOGA-NIDRA ON PYSCHO- PHYSIOLOGICAL VARIABLES AND GERIATRIC ANXIETY OF ELDERLY LIVING IN OLD AGE HOME, is a genuine work, successfully completed by RAMADASAN.N, MYG051820 IV semester M.Sc. Yoga Therapy, is submitted to Central University of Kerala, under my guidance in partial fulfillment of the requirement for the award of post graduate degree, M.Sc. Yoga Therapy during the academic year 2018-2020. It also certified that this study or any part of it has not been submitted to any other institution for any degree or any other similar article.

Place : Periya

Date : 4/07/2020

Signature of Guide

Signature of Head of the Department

श्रीक्षेक समन्वयक / Academic Co-ordinator योग अध्ययन विभाग/ Department of Yoga Studies चिकित्ता एवं सावंजनिक स्वास्थ्य स्कूल School of Medicine and Public Health बेतल बेन्द्रीय विश्वविद्यालय Central University of Kerala तेजस्विमी हिल्स, परिया ठाक / Tejaswini Hills, Periya कासरगोड, केरल / Kasaragod, Kerala- 671 316

I RAMADASAN N hereby declare that the project work entitled "THE EFFECT OF PRANAYAMA AND YOGA-NIDRA ON PYSCHO-PHYSIOLIGICAL VARIABLES AND GERIATRIC ANXIETY OF ELDERLY LIVING IN OLD AGE HOME", is an original work prepared by me, under the strict guidance of Dr.SUBHRAMANYA PAILOOR during the academic year 2018-2020. I also declare that this study or any part of this study has not been submitted to any other institution for any degree or any other similar title.

Place : Periya

Date: 4/07/2020

Name : RAMADASAN.N Reg. No.: MYG051820

A Study on The Effect Of Adaptive Yoga Programme On Physical And Psychomotor Variable Among Differently Abled Adult Subjects

Submitted to the Department of Yoga studies of Central University of Kerala in partial fulfilment of the requirements for the award of the degree of

M.Sc.YOGA THERAPY



Submitted by, RIYA.C MYG051821

Faculty Supervisor

Dr.Subhramanya Pailoor

Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

School Of Medicine And Public Health , Central University Of Kerala

Periye-671320, Kasaragod, Kerala

July -2020



DEPARTMENT OF YOGA STUDIES

CENTRAL UNIVERSITY OF KEERALA

केरल केंद्रीय विश्वविद्यालय

TEJASWINI HILLS, PERIYE (PO), KASARAGOD (DT)

CERTIFICATE

This certified that the dissertation entitled, "EFFECT OF ADAPTIVE YOGA PROGRAMME ON PHYSICAL AND PSYCHOMOTOR VARIABLE AMONG DIFFERENTLY ABLED ADULT SUBJECTS".is submitted to the Department of Yoga Studies, Central University of Kerala in partial fulfilment of the requirements for the award of the Degree of MASTER OF SCIENCE IN YOGA THERAPY is a record of independent research work done by RIYA.C,MYG051821 Department of Yoga Studies ,Central University of Kerala under my supervision and guidance and the dissertation work has not been previously formed the basis for the award of any Degree, Diploma, to any candidate of any University.

Place: Kannur

Date: 04.07.2020

ramer

Signature of the guide



Head of the Department

ग्रीक्षिक समन्वयक / Academic Co-ordinator योग आध्ययम विभाग/ Department of Yoga Studies चिकित्सा एवं सार्वजनिक स्वास्थ्य रकृत School of Medicine and Public Health केरण केन्द्रीय विश्वविद्यालय Central University of Kerala त्तेजस्विनी हिल्ल, पीरेया झाफ / Tejaswiai Hills, Periya कासरगोड, केरल / Kasaraged, Kerala- 671 316

00

I RIYA.C hereby declare that the dissertation entitled "EFFECT OF ADAPTIVE YOGA PROGRAMME ON PHYSICAL AND PSYCHOMOTOR VARIABLE AMONG DIFFERENTLY ABLED ADULT SUBJECTS.", Submitted to the Department of Yoga studies, Central University of Kerala, is a record of independent research work done by me under the supervision and guidance Of Dr.SUBHRAMANYA PAILOOR, Assistant Professor of Yoga, Department of Yoga Studies, Central University of Kerala and the dissertation workhas not been submitted previously in part or as a whole to any University for the award of any Degree/Diploma.

Signature of the candidate

Place: Kannur Date: 04.07.2020

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Place: Kan

Date: 04.07



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Effect of Yoga Training On Hand Grip Strength and Static Balance of Girls Students

Submitted to the Department of Yoga Studies Central University of Kerala in Partial fulfillment of the Requirement for the Award of the Degree of

M.Sc. YOGA THERAPY



Submitted By, SAJITHA K MYG051822

Faculty Supervisor

Dr. Ganapathi Joisa

Assistant Professor

Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES,

School of Medicine and Public Health Central University of Kerala Periye-671320, Kasaragod, Kerala July -2020

I SAJITHA K hereby declare that the dissertation entitled "EFFECT OF YOGA TRAINING ON HAND GRIP STRENGTH AND STATIC BALANCE OF GIRLS STUDENTS" submitted to the Department of Yoga Studies Central University of Kerala is a record is a record of independent research work done by me under the supervision and guidance of **DR. GANAPATHI JOISA**, Assistant Professor, department of Yoga Studies Central University of Kerala and the dissertation work has not been submitted previously in part or as a whole to any university for the award of any Degree/Diploma.

Place: Periye Date: 05-07-2020

Sithe

Signature of the candidate

CERTIFICATE

This is to certify that the dissertation entitled "EFFECT OF YOGA TRAINING ON HAND GRIP STRENGTH AND STATIC BALANCE OF GIRLS STUDENTS" submitted to submitted to the Department of Yoga Studies, Central University of Kerala in partial fulfillment of the requirements for the award of the Degree of MASTER OF SCIENCE IN YOGATHERAPY is a record of independennt research work done by SAJITHA K Department of Yoga Studies, Central University of Kerala under my supervision and guidance and the dissertation work has not been previously formed the basis for the award of any Degree, Diploma, to any candidate of any University.

Szebra mar 7/2020 Head of the Department

रेजिक समन्वयक / Academic Co-ordinator यान अध्ययन विभाग/ Department of Yoga Studies चिकित्सा एवं सार्वजनिक खास्थ्य स्कूल School of Medicine and Public Health Place: Periye and for the Central University of Kerala Date:05-07-2020, Kerala- 671 316



Signature of the Guide



iii

Impact of Adaptive Yoga Programme on Flexibility And Self-Esteem of Hearing Impaired Students.

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfilment of the Requirement For the Award of the Degree of

M.Sc YOGA THERAPY



Submitted by, SAYANA.P.S MYG051823

Faculty Supervisor Dr. Subramanya Pailoor Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES School of Medicine and Public Health Central University of Kerala Perya – 671320, Kasargod, Kerala July 2020

Impact o

Submitted to 1 Partic

I SAYANA.P.S hereby declare that this Project Work entitled "IMPACT OF ADAPTIVE YOGA PROGRAMME ON FLEXIBILITY AND SELF-ESTEEM OF HEARING IMPAIRED STUDENTS", is an original work prepared by me, under the strict guidance of Dr. SUBRAHMANYA PAILOOR, Academic Co-ordinator, Department of Yoga Studies, during the academic year 2018-2020. I also declare that this study or any part of it has not been submitted to any other institutions for any degree or other similar title.

Place: Periya Date: 05/07/2020

SAYANA P.S



DEPARTMENT OF YOGA STUDIES CENTRAL UNIVERSITY OF KERALA केरल केंद्रीय विश्िविद्यालय Thejaswini Hills, Periye, Kasaragod, Kerala 671320

CERTIFICATE

This is to certify that the project work entitled "IMPACT OF ADAPTIVE YOGA PROGRAMME ON FLEXIBILITY AND SELF-ESTEEM OF HEARING IMPAIRED STUDENTS" is a genuine work, successfully completed by SAYANA.P.S, MYG051823, IV semester M.Sc. Yoga Therapy, is submitted to the Central University of Kerala under my guidance in partial fulfillment of the requirements for the award of Post Graduate Degree, M.Sc. in Yoga Therapy during the academic year 2019-2020. 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 : Periye Date : 05/07/2020

Signature of the Guide

Signature of the Academic Coordinator

शैक्षिक समन्वयक / Academic Co-ordinator योग अच्ययन विभाग/ Department of Yoga Studies धिकित्सा एवं सार्वजनिक स्वास्थ्य स्कृल School of Medicine and Public Health केरल केन्द्रीय विश्वविद्यालय Central University of Kerala तेजसियनी हिल्ल, घीरया डाक / Tejaswint Hills, Periya कासरगोड, केरल / Kasaragod, Kerala- 671 316



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Effect of Structured Yoga Programme on Emotional Status and Functional Balance of the Students with Hearing Impairment

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfillment of the Requirement for the Award of the Degree Of M.Sc. YOGA THERAPY



Submitted By, SHITHA P MYG051824

Faculty Supervisor Dr. Subramanya Pailoor Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

School of Medicine and Public Health Central University of Kerala Periye – 671320, Kasaragod, Kerala July - 2020

I Shitha P hereby declare that the dissertation entitled "Effect of Structured Yoga Programme on Emotional Status and Functional Balance of the Students with Hearing Impairment" is an original work prepared by me, under the guidance of Dr. Subramanya Pailoor, Academic Coordinator, Department of Yoga Studies, Central University of Kerala, during the academic year 2019-2020. I also declare 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: Periye Date: 03.07.2020

Signature of the Student



DEPARTMENT OF YOGA STUDIES

CENTRAL UNIVERSITY OF KERALA

केरल केंद्रीय विश्वविदयालय

Thejaswini Hills, Periye, Kasaragod, Kerala 671320

CERTIFICATE

This is to certify that the dissertation entitled "EFFECT OF STRUCTURED YOGA PROGRAMME ON EMOTIONAL STATUS AND FUNCTIONAL BALANCE OF THE STUDENTS WITH HEARING IMPAIRMENT" is a genuine work, successfully completed by SHITHA P (Reg. No.: MYG051824), IV semester M.Sc. Yoga Therapy, is submitted to the Central University of Kerala under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree, M.Sc. in Yoga Therapy during the academic year 2019-2020. 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:

Date:

Signature of the Guide

Signature of the Head of the Department



शैक्षिक समन्वपक / Academic Co-ordinator योग अध्ययन विभाग/ Department of Yoga Studies चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल School of Methrine and Public Health केरस के त्या विश्वविद्यालय Central University of Kerala तेर्जास्वर्गी हिल्स, पीरिया जाह / Tejaswini Hills, Periyar कासरगोड, केरल / Kasaragod, Kerala- 671 316

Impact of Yoga Intervention on Stress and Self-esteem of College Students

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfilment of the Requirement for the Award of the Degree of

M.Sc. YOGA THERAPY



Submitted by, SNEHA VV MYG051825

Faculty Supervisor Dr. Subramanya Pailoor Head, Department of yoga studies

DEPARTMENT OF YOGA STUDIES

School of Medicine and Public Health Central University of Kerala Periye - 671320, Kasaragod, Kerala July - 2020

I Sneha, hereby declare that this dissertation entitled "IMPACT OF YOGA INTERVENTION ON STRESS AND SELFESTEEM OF COLLEGE STUDENTS" Submitted to the Department of Yoga Studies, Central University of Kerala, is a record of independent research work done by me under the supervision and guidance of Dr. GANAPATHI JOISE Department of Yoga Studies, Central University of Kerala and has not been submitted previously in part or as a whole to any University for the award of any degree/Diploma.

Place: Nileshwar Date: 05-07-2020 SNEHA VV



DEPARTMENT OF YOGA STUDIES

CENTRAL UNIVERSITY OF KERALA

केरल केंद्रीय विश्वविद्यालय Thejaswini Hills, Periye, Kasaragod, Kerala 671320

CERTIFICATE

This is to certify that the project work entitled IMPACT OF YOGA INTERVENTION ON STRESS AND SELF-ESTEEM is a genuine work, successfully completed by SNEHA V V MYG051825 IV semester M.Sc. Yoga Therapy, is submitted to the Central University of Kerala under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree, M.Sc. in Yoga Therapy during the academic year 2019-2020. 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: Periye Date:

Signature of the Guide

Signature of Head of the Department

शैक्षिक समन्वयक / Academic Co-ordinator योग अध्ययन विभाग/ Department of Yoga Studies चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल School of Medicine and Public Health केरस केन्द्रीय विश्वविद्यालय Central University of Kerala तेजस्विनी हिल्स. पंरिया डाक / Tejaswini Hills, Periya कासरमोड, केरस / Kasaragod, Kerala- 671 316



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Distant.

IMPACT OF ADAPTIVE YOGA PROGRAMME ON COGNITIVE ABILITIES AND MOTOR ABILITIES OF DIFFERENTLY ABLED YOUNG SUBJECT

Submitted to the Department of Yoga Studies in Central University of Kerala in Partial Fulfillment of the Requirement for the Award of the Degree of

M.Sc. Yoga Therapy



Submitted by SUKANYA S MYG051826

Faculty Supervisor Dr. Subramanya Pailoor Head, Department of Yoga studies

DEPARTMENT OF YOGA STUDIES

School of Medicine and Public Health Central University of Kerala Periye- 671320. Kasaragod, Kerala JULY 2020

Sukanya S hereby declare that the project work entitled A Programme on "IMPACT OF **DAPTIVE YOGA PROGRAMME ON COGNITIVE ABILITIES AND MOTOR BILITIES OF DIFFERENTLY ABLED YOUNG SUBJECT**", is an original work **DEPART OF DIFFERENTLY ABLED YOUNG SUBJECT**, is an original work **DEPART OF DIFFERENTLY ABLED YOUNG SUBJECT**. The study of the strict guidance of **Dr. SUBHRAMANYA PAILOOR** during the **DEPART OF DIFFERENTLY ABLED YOUNG SUBJECT**. Subtract of this study has not been **DEPART OF DIFFERENTLY ABLED YOUNG SUBJECT**. The study has not been **DEPART OF DIFFERENTLY ABLED YOUNG SUBJECT**.

Place: Periye Date: 03rd July 2020

200



DEPARTMENT OF YOGA STUDIES CENTRAL UNIVERSITY OF KERALA केरल केंद्रीय विश्वविद्यालय TEJASWINI HILLS, PERIYE (PO), KASARAGOD (DT)

CERTIFICATE

This certified that the project work entitled "IMPACT OF ADAPTIVE YOGA PROGRAMME ON COGNITIVE ABILITIES AND MOTOR ABILITIES OF DIFFERENTLY ABLED YOUNG SUBJECT" is a genuine work, successfully completed SUKANYA S, MYG051826 IVth semester MSc Yoga Therapy, is submitted to Central University of Kerala, under my guidance in partial fulfillment of the requirements for the eard of Post Graduate Degree, MSc. Yoga Therapy during the academic year 2018-2020. It is certified that this study or any part of it has not been submitted to any other institution for any degree or any other similar article.

Place: Periye Date: 03rd July 2020

Semature of the Guide

Signature of the Head of Department

श्रीशिक समन्वयक / Academic Co-ordinator योग अध्ययन विभाग/ Department of Yoga Studies चिकित्सा एवं सार्वजनित स्वास्थ्य स्कूल School of Medicine and Public Health केरल केन्द्रीय विश्वसिंदशान्व Central University of Kerala तेजस्विनी डिल्स, पेरिया डाक / Tejaswini Hills, Periya कासरमोड, केरल / Kasaragod, Kerala- 671 316



Place Pering

A Study on the Effect of structured yoga programme on physical and psychological variables among adolescent girls

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial fulfillment of the requirement for the Award of the degree of

M.Sc. YOGA THERAPY



Submitted By, SUNITHA K MYG051827

Faculty Supervisor Dr. Subramanya pailoor Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

School of medicine and public health, Central university of kerala, Periye - 671320, kasaragod, kerala July 2020

I SUNITHA K, hereby declare that the dissertation entitled "EFFECT OF STRUCTURED YOGA PROGRAMME ON PHYSICAL AND PSYCHOLOGICAL VARIABLES AMONG ADOLESCENT GIRLS" submitted to the Department of Yoga Studies, Central University of Kerala, is a record of independent research work prepared by me, under the supervision and guidance of DR. SUBRAMANYA PAILOOR, Academic co-ordinator, Department of Yoga Studies, Central University of Kerala during the academic year 2018-2020. I also declare that this dissertation work or any part of it has not been submitted to any institution for the award of any Degree or any other similar title.

Place: Periye

Signature of the student

SK

Date: 03-07-2020

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Submit



DEPARTMENT OF YOGA STUDIES CENTRAL UNIVERSITY OF KERALA केरल केंद्रीय विश्वविद्यालय

Tejaswini Hills, Periye, Kasaragod, Kerala-671 320

CERTIFICATE

This is to certify that the dissertation entitled "EFFECT OF STRUCTURED YOGA PROGRAMME ON PHYSICAL AND PSYCHOLOGICAL VARIABLES OF ADOLESCENT GIRLS", is a genuine work, successfully completed by SUNITHA K, MYG051827 IV semester M Sc Yoga Therapy, is submitted to the Department of Yoga Studies, Central University of Kerala, under my guidance in partial fulfillment of the requirements for the award of the degree of MASTER OF SCIENCE IN YOGA THERAPY during academic year 2018-2020, It also certified that this dissertation work or any part of it has not been submitted to any other institution for

any Degree or any other similar title.

Signature of the Guide

Signature of the Head of the Dept

Place: Periye

Date: 18-07-2020



रोशिक समन्वपक / Academic Co-ordinator योग अच्ययन विभाग/ Department of Yoga Studies चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल School of Medicine and Public Health केरत केन्द्रीय जिन्द्रीय जिन्द्रीय Central University of Kerala सेजस्थिमी हिल्स, परिया डाक / Tejaswini Hills, Periya कासरमोड, केरल / Kasaragod, Kerala- 671 316

A Study on the Effect of Adaptive Yoga Program on Spine Flexibility in Middle Aged Women

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfilment of the Requirement for the Award of the Degree of

M.Sc. YOGA THERAPY



Submitted By, VAISHAKH K MYG051828

Faculty Supervisor Dr. Subramanya Pailoor Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

School of Medicine and Public Health Central University of Kerala Periya-671320, Kasaragod, Kerala July 2020

I VAISHAKH K hereby declare that the project work entitled "EFFECT OF ADAPTIVE YOGA PROGRAMME ON SPINE FLEXIBILITY IN MIDDLE AGED WOMEN", is an original work prepared by me, under the strict guidance of DR. SUBHRAMANYA PAILOOR during the academic year 2018-2020. I also declare that this study or any part of this study has not been submitted to any other institutions for any degree or any other similar title.

Place: Periya

VAISHAKH K

Date: 02.07.2020



DEPARTMENT OF YOGA STUDIES

CENTRAL UNIVERSITY OF KERALA केरल केंद्रीय विश्वविद्यालय

Thejaswini Hills, Periya, Kasaragod, Kerala 671320

CERTIFICATE

This certified that the project work entitled EFFECT OF ADAPTIVE YOGA PROGRAMME ON SPINE FLEXIBILITY IN MIDDLE AGED WOMEN, is a genuine work, successfully completed by VAISHAKH K, MYG051828 IV semester M.Sc. Yoga Therapy, is submitted to department of Yoga Studies, Central University of Kerala, under my guidance in partial fulfilment of the requirements for the award of post graduate degree, M.Sc. Yoga Therapy during the academic year 2018-2020. It also certified that this study or any part of it has not been submitted to any other institution for any degree or any other similar title.

Place: Periya Date: 02.07.2020

Signature of Guide

Signature of Head of the Department



शैतिक समन्वयक / Academic Co-ordinator योग अव्ययन विभाग/ Department of Yoga Studies चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कृत School of Medicine and Public Health केरस केन्द्रीय जिन्द्रीविद्यालय Central University of Kerala तेजस्विनी हिल्स, पोर्त्या डाक / Tejaswini Hills, Periya कासरगोड, फेरल / Kasaragod, Kerala-671 316

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Softer.

Effect Of Structured Yoga Programme On Body Composition And Anxiety In Middle Aged Women

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfilment of the Requirment for the Award of the Degree of

M.Sc.YOGA THERAPY



Submitted By,

VIDYA.V

MYG051829

Faculty Supervisor

Dr.Subramanya Pailoor

Head, Department of Yoga studies

DEPARTMENT OF YOGA STUDIES

School of Medicine and Public Health

Central University of Kerala

Periya-671316, Kasaragod, Kerala

July 2020

IC IU 199113

Submitted

DECLARATION

I hereby VIDYA V declare that this project work entitled "EFFECT OF STRUCTURED YOGA PROGRAMME ON BODY COMPOSITION AND ANXIETY IN MIDDLE AGED WOMEN" is an original work prepared by me, under the guidance of Dr.Subramanya pailoor, Academic co-ordinator, Department of Yoga studies during the academic year 2018-2020. I also declare that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

ii

Place: Periya

Date: 3/07/2020

Signature of the student



DEPARTMENOF YOGA STUDIES

CENTRAL UNIVERSITY OF KERALA केरल केन्द्रीय विश्वविद्यालय

Thejaswini Hills, Periye, Kasaragod, Kerala 671316

CERTIFICATE

This certified that the dissertation work entitled "EFFECT OF STRUCTERD YOGA PROGRAMME ON BODY COMPOSITION AND ANXIETY IN MIDDLE AGED WOMEN" is a genuine work, successfully completed by VIDYA. V, MYG051829 IV Semester Msc Yoga Therapy, is submitted to the Central University of Kerala under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree, MSc in Yoga Therapy during the academic year 2018-2020. It 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:

Date:

Signature of the Guide

Signature of Head of the Department



शैक्षिक समन्तयक / Academic Co-ordinator योग कथ्ययन विभाग/ Department of Yoga Studies चितिल्ला एवं सार्वजनिक स्वास्थ्य स्कूल School of Medicine and Public Health केरल फेन्द्रीय प्रिश्वविद्यालय Central University of Kerala सेर्जाहिबनी दिल्ल, भेरिया आफ / Tejaswini Hills, Periya कासरगोड, फेरल / Kasaragod, Kerala- 671 316

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Place Party

ATTITUDE TOWARDS YOGA AMONG POST GRADUATE STUDENTS OF VARIOUS DEPARTMENT OF CENTRAL UNIVERSITY OF KERALA

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfilment of the Requirement for the Award of the Degree of



Submitted By,

VISHNU KOROTH MYG051830

Faculty Supervisor Dr. Padmanabhan T.V Assistant Professor

DEPARTMENT OF YOGA STUDIES

School Of Medicine and Public Health Central University of Kerala Periye-671320, Kasaragod, Kerala July 2020

ii

I, VISHNU KOROTH hereby declare that the dissertation entitled "ATTITUDE TOWARDS YOGA AMONG POST GRADUATE STUDENTS OF VARIOUS DEPARTMENT OF CENTRAL UNIVERSITY OF KERALA- A SURVEY STUDY" submitted to the Department of Yoga Studies, Central University of Kerala, is a record of independent research work done by me under the supervision and guidance of Dr..PADMANABHAN.T.V., Assistant Professor of Yoga, Department of Yoga Studies, Central University of Kerala and the dissertation work has not been

submitted previously in part or as a whole to any University for the award of any Degree/Diploma.

iii

Periya

3rd July 2020

VISHNU KOROTH Reg.No. MYG051830 Department of Yoga Studies Central University of Kerala



DEPARTMENT OF YOGA STUDIES CENTRAL UNIVERSITY OF KERALA केरल केंद्रीय विश्वविद्यालय Thejaswini Hills, Periya, Kasargod, Kerala, 671320

CERTIFICATE

This is to certify that the dissertation entitled "ATTITUDE TOWARDS YOGA AMONG POST GRADUATE STUDENTS OF VARIOUS DEPARTMENT OF CENTRAL UNIVERSITY OF KERALA- A SURVEY STUDY" submitted to submitted to the Department of Yoga Studies , Central University of Kerala in partial fulfillment of the requirements for the award of the Degree of MASTER OF SCIENCE IN YOGA THERAPY is a record of independent research work done by VISHNU KOROTH Reg.No. MYG051830 Department of Yoga Studies, Central University of Kerala under my supervision and guidance and the dissertation work has not been previously formed the basis for the award of any Degree, Diploma, to any candidate of any University

ubrance Head of the Department

Dr.Padmanabhan.T.V. Assistant Professor of Yoga Department of Yoga Studies Central University of Kerala

Periya प्रवयक / Academic Co-ordinator घोग अव्ययन विभाग/ Department of Yoga Studies 03rd July 2020 वैद्यनिक स्वास्थ्य स्कूल School of Medicine and Public Health केरल केन्द्रीय विश्वविद्यालय Central University of Kerala केलिवनी हिल्स, पेरिया डाफ / Tejaswini Hills, Periya कासरगोड, केरल / Kasaragod, Kerala- 671 3 by

रतन अध्ययन विमाग केरल शिदीय विश्वविद्यालय CENTRAL UNIVERSITY OF KERALA परिया/Periye जासलोड/KASARAGOD - 571315 अस्ट्रिस्ट्रिस्ट प्रजान 571315

Effects of Suryanamaskar on Selected Physical and Psychological Variables Among the School Students

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfilment of the Requirement for the Award of the Degree of



Submitted By,

VISHNU V MYG051831

Faculty Supervisor Dr. Subramanya Pailoor Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

School Of Medicine and Public Health Central University of Kerala Periye-671320, Kasaragod, Kerala July 2020

I VISHNU V hereby declare that the dissertation entitled "EFFECT OF SURYANAMASKAR ON SELECTED PHYSICAL AND PSYCHOLOGICAL VARIABLES AMONG SCHOOL STUDENTS" submitted to the Department of Yoga Studies, Central University of Kerala, is a record of independent research work done by me under the supervision and guidance of Dr SUBHRAMANYA PAILOOR, Academic coordinator, Department of Yoga Studies, Central University of Kerala and the dissertation work has not been submitted previously in part or as a whole to any University for the award of any Degree/Diploma.

Signature of the candidate

Place: CUK, Periya

Date:

П



DEPARTMENT OF YOGA STUDIES CENTRAL UNIVERSITY OF KERALA केरल केंद्रीय विश्वविद्यालय Thejaswini Hills, Periya, Kasargod, Kerala, 671320

CERTIFICATE

This is to certify that the dissertation entitled "EFFECT OF SURYANAMASKAR ON SELECTED PHYSICAL AND PSYCHOLOGICAL VARIABLES AMONG SCHOOL STUDENTS" submitted to submitted to the Department of Yoga Studies , Central University of Kerala in partial fulfilment of the requirements for the award of the Degree of MASTER OF SCIENCE IN YOGA THERAPY is a record of independent research work done by VISHNU V Department of Yoga Studies, Central University of Kerala under my supervision and guidance and the dissertation work has not been previously formed the basis for the award of any Degree, Diploma, to any candidate of any University.

Place: CUK, Periya

Date:

Signature of the Guide



Head of the Department

शैक्षिक समन्वयक / Academic Co-ordinator योग अध्ययन विभाग/ Department of Yoga Studies चिकित्सा एवं सार्वग्रनिक स्वास्थ्य स्कूल School of Medicine and Public Health केरल केन्द्रीय विश्वविद्यालय Central University of Kerala तेजन्विनी हिल्म, पीरया डाक / Tejaswini Hills, Periya कासरगोड, केरल / Kasaragod, Kerala- 671 316

Effect of Yoga Practice on Selected Psychological Variables Among College Students

Submitted to the Department of Yoga Studies of Central University of Kerala in Partial Fulfilment of the Requirement for the award of the Degree of

M.Sc. YOGA THERAPY



Submitted By, Dr. VRINDA MADHAVAN. K MYG051832

Faculty Supervisor Dr. Ganapathi Joisa Assistant Professor Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

School of Medicine and Public Health Central University of Kerala, Periye–671320, Kasaragod, Kerala July 2020



DEPARTMENT OF YOGA STUDIES CENTRAL UNIVERSITY OF KERALA

केरलकेंद्रीयविश्वविद्यालय

Thejaswini Hills, Periye, Kasaragod, Kerala 671316

CERTIFICATE

This is to certify that the project work entitled "EFFECT OF YOGA PRACTICE ON SELECTED PSYCHOLOGICAL VARIABLES AMONG COLLEGE STUDENTS" is a genuine work, successfully completed by DR. VRINDA MADHAVAN. K, MYG051832, IV semester M.Sc. Yoga Therapy, is submitted to the Central University of Kerala under my guidance in partial fulfillment of the requirements for the award of Post Graduate Degree, M.Sc. in Yoga Therapy during the academic year 2019-2020. 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 : Thejaswini Hills, Periye

Date : 11/07/2020

H. Ganopath Joisa Signature of the Guide

Signature of the HOD

madu

I Dr.Vrinda Madhavan.K hereby declare that this Project Work entitled "EFFECT OF YOGA PRACTICE ON SELECTED PSYCHOLOGICAL VARIABLES AMONG COLLEGE STUDENTS" is an original work prepared by me, under the guidance of Dr. Ganapathi Joisa during the academic year 2019-2020. I also declare 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: Thejaswini Hills, Periye

Date: 11/07/2020

(Dr. Vrinda Madhavan. K)

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Place :

Date:

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