



CENTRAL UNIVERSITY OF KERALA

केरल केन्द्रीय विश्वविद्यालय

DEPARTMENT OF

Sl: 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



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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 Periy
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



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				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 Nileschwaram
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, Nileschwaram



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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, Nileschwaram
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. Nileschwaram.
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 Post Graduate Students of Various Department of Central University of Kerala	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.



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केरल केन्द्रीय विश्वविद्यालय

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

**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

DECLARATION

Adithya K, hereby declare 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, 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.



ADITHYA. K

Reg No. MYG051801

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, 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.

Subra manyan
Head of the Department 03/07/2020

Dr. Padmanabhan T.V.

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

शैक्षणिक समन्वयक / Academic Co-ordinator
Periya / Department of Yoga Studies
3rd July 2020
विश्वविद्यालय केन्द्रीय स्वास्थ्य स्कूल
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कासरगोड, केरल / Kasaragod, Kerala- 671 316



**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

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KERALA, KASARAGOD**

JULY 2020

DECLARATION

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.



AKHIL LAL K.V.

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3rd July 2020



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Thejaswini Hills, Periy, Kasaragod, Kerala 671316

CERTIFICATE

This is to certify 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 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.

Subramanyal
Head of the Department
03/7/2020

शैक्षिक समन्वयक / Academic Co-ordinator
योग अध्ययन विभाग/ Department of Yoga Studies
Periya
चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल
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Medicine and Public Health
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Dr. Padmanabhan T.V.

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



**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
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**Faculty Supervisor
Dr. Ganapathi Joisa
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DEPARTMENT OF YOGA STUDIES

School of Medicine and Public Health

Central University of Kerala

Periye-671320, Kasaragod, Kerala

July - 2020

DECLARATION

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



Signature of the candidate



DEPARTMENT OF YOGA STUDIES

CENTRAL UNIVERSITY OF KERALA

केरल केंद्रीय विश्वविद्यालय

Thejaswini Hills, Periyar, 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 **AMBIL.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.

Subramanyal
Head of the Department

H. Ganapathi Joshi
Signature of the Guide

पैठिक समन्वयक / Academic Co-ordinator
Place: **CUK** Department of Yoga Studies
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Date: **31-07-2020**
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कासरगोड, केरल / Kasaragod, Kerala- 671 316



**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
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Periye-671320, Kasaragod, Kerala**

July 2020

DECLARATION

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

ANJANA K

Date: 06/07/2020



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CENTRAL UNIVERSITY OF KERALA
Tejaswini Hills, Periyé 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: Periyé

Signature of the Guide

Signature of Head of the Department



शैक्षिक समन्वयक / Academic Co-ordinator
योग अध्ययन विभाग/ Department of Yoga Studies
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तेजस्विनी हिल्स, पेरिया डाक / Tejaswini Hills, Periya
कासरगोड, केरल / Kasaragod, Kerala- 671 316

**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

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Assistant Professor

Department of Yoga studies

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School of Medicine and Public Health

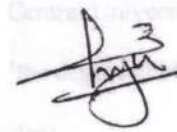
Central University of Kerala

Periye-671320, Kasaragod, Kerala

July - 2020

DECLARATION

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,
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Periye
3rd July 2020



**DEPARTMENT OF YOGA STUDIES
CENTRAL UNIVERSITY OF KERALA**

Thejaswini Hills, Periy, 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

Head of the Department

Dr.Padmanabhan.T.V.

Assistant Professor of Yoga
Department of Yoga Studies
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शैक्षिक समन्वयक / Academic Co-ordinator
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Periya
3rd July 2020
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कासरगोड, केरल / Kasaragod, Kerala- 671 316



**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

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Central University of Kerala

Periye – 671320, Kasaragod, Kerala

July - 2020

DECLARATION

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.

Place: Periyar

Date: 7/7/2020

ARYA ABRAHAM



**DEPARTMENT OF YOGA STUDIES
CENTRAL UNIVERSITY OF KERALA
केरलके द्रीयविश्वविद्यालय**

Thejaswini Hills, Periyē, Kasaragod, Kerala 671320

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: Periyē

Date:7/7/2020

Signature of the Guide

Signature of Head of the Dept.



शैक्षिक समन्वयक / Academic Co-ordinator
योग अध्यायन विभाग/ Department of Yoga Studies
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कासरगोड, केरल / Kasaragod, Kerala- 671 316

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

*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

ASHOK RAJ

MYG051808

Faculty Supervisor

Dr. Subramanya Pailoor

Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

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Periye-671320, Kasaragod, Kerala

July - 2020



DEPARTMENT OF YOGA STUDIES
CENTRAL UNIVERSITY OF KERALA
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Thejaswini Hills, Periyar, Kasaragod, Kerala 671320

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 the 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 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

Guide

अकादमिक समन्वयक / Academic Co-ordinator
योग अध्ययन विभाग/ Department of Yoga Studies
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School of Medicine and Public Health
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कासरगोड, केरल / Kasaragod, Kerala - 671 316



DECLARATION

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

**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

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Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

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Central University of Kerala,

Periye-671320, Kasaragod, Kerala

July - 2020

DECLARATION

I **ASHOKAN.K** hereby declare that the dissertation entitled “**EFFECT OF ADAPTIVE YOGA PROGRAMME ON QUALITY OF LIFE AND PSYCHOMOTOR 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

ASHOKAN.K



DEPARTMENT OF YOGA STUDIES
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Thejaswini Hills, Periyē, 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

Signature of the HOD: समन्वयक / Academic Co-ordinator



योग अध्ययन विभाग/ Department of Yoga Studies
चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल
School of Medicine and Public Health
केरल केंद्रीय विश्वविद्यालय
Central University of Kerala
तेजस्विनी हिल्स, पेरिया हिल्स / Tejaswini Hills, Periyē
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

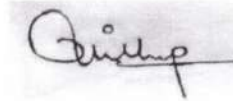
Dr. PADMANABHAN T V

Department of Yoga Studies

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

DECLARATION

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 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

अधिका संनन्वयक / Academic Co-ordinator
योग अध्ययन विभाग/ Department of Yoga Studies
परिया
चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल
School of Medicine and Public Health
केरल केन्द्रीय विश्वविद्यालय
Central University of Kerala
तेजस्विनी हिल्स, परिया डाक / Tejaswini Hills, Periya
कासरगोड, केरल / Kasaragod, Kerala- 671 316



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

DECLARATION

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.



DIVYA DIVAKAR V M
Reg.No. MYG051811
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, Periyē, Kasaragod, Kerala 67131

CERTIFICATE

This is to certify 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 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.

Subramanyal
Head of the Department

केरल विश्वविद्यालय / Academic Co-ordinator
केरल विश्वविद्यालय Periyā Department of Yoga Studies
केरल विश्वविद्यालय एवं सार्वजनिक स्वास्थ्य स्कूल
School of Public Health
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केरल विश्वविद्यालय, पेरिया हिल्स / Tejaswini Hills, Periyā
Kasaragod, Kerala / Kasaragod, Kerala- 671 316

Dr. Padmanabhan T.V.

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

DECLARATION

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 SCHOLARS 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

അധ്യക്ഷ / Academic Co-ordinator
കേരള യോഗ്യത വിभाग / Department of Yoga Studies
Periya സാമൂഹിക स्वास्थ्य സ്കൂൾ
School of Medicine and Public Health
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Central University of Kerala
तेजस्विनी हिल्स, पेरिया डाक / Tejaswini Hills, Periya
कासर्गोड, केरल / Kasargod, Kerala- 671 316

Dr.Padmanabhan.T.V.

Assistant Professor of Yoga
Department of Yoga Studies



**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

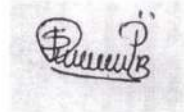
Central University Of Kerala

Periye – 671320, Kasaragod, Kerala

July 2020

DECLARATION

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

अकादमिक समन्वयक / Academic Co-ordinator
Periya / Department of Yoga Studies
पेरिया एवं सार्वजनिक स्वास्थ्य स्कूल
School of Public Health
3rd July 2020
केरल केन्द्रीय विश्वविद्यालय
Central University of Kerala
तेजस्विनी हिल्स, पेरिया डाक / Tejaswini Hills, Periya
कासरगोड, केरल / Kasaragod, Kerala- 671 316



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

DECLARATION

I **JITHI T** hereby declare that the dissertation entitled “**EFFECTS OF YOGA TRAINING ON COORDINATIVE AND COGNITIVE 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 विश्वविद्यालय

Thejaswini Hills, Periyé, 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: PERIYA
केरल केंद्रीय विश्वविद्यालय / Academic Co-ordinator
विश्वविद्यालय / Department of Yoga Studies
चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल
School of Medicine and Public Health
Date: 08/07/2020
केरल केंद्रीय विश्वविद्यालय
Thejaswini Hills, Periyé / Tejaswini Hills, Periyé
Kasaragod, Kerala / Kasaragod, Kerala-671316



**EFFECT OF YOGA TRAINING 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

ANNEXURE -II
DECLARATION

JYOTHIKA.P. M hereby declare that the dissertation entitled “**EFFECT OF YOGA TRAINING ON PHYSICAL FITNESS 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.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 TRAINING ON PHYSICAL FITNESS OF COLLEGE 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 **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

Signature of the Guide

Place: Periya Academic Co-ordinator
योग अध्ययन विभाग/ Department of Yoga Studies
Date: 08-07-2020
केरल केंद्रीय विश्वविद्यालय
School of Medicine and Public Health
केरल केंद्रीय विश्वविद्यालय
Central University of Kerala
तेजस्विनी हिल्स, पेरिया हाक / Tejaswini Hills, Periya
कासरगोड, केरल / Kasaragod, Kerala- 671 316



**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 supervisor

Dr Subramanya Pailoor

Head, Department of Yoga Studies

DEPARTMENT OF YOGA STUDIES

School of Medicine and Public Health

Central University of Kerala, Periyar- 671320, Kasaragod, Kerala.

July 2020

DECLARATION

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 : Periy

Date : 02/07/2020

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 : Periyar / Academic Co-ordinator
योग अध्ययन विभाग/ Department of Yoga Studies

पारिवारिक एवं सार्वजनिक स्वास्थ्य स्कूल
Date School of Medicine and Public Health
केरल केन्द्रीय विश्वविद्यालय
Central University of Kerala
तेजस्विनी हिल्स, पेरिया डेक / Tejaswini Hills, Periya
कसरगोड, केरल / Kasaragod, Kerala- 671 316



**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.

DECLARATION

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 title.

Place: Periya

Date: 5.7.2020

NEETHU. M



**DEPARTMENT OF YOGA STUDIES
CENTRAL UNIVERSITY OF KERALA**

केरल केंद्रीय विश्वविद्यालय

Thejaswini Hills, Periya, 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 विभाग/ Department of Yoga Studies
चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल
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Central University of Kerala
तेजस्विनी हिल्स, पेरिया डाक / Tejaswini Hills, Periya
कासरगोड, केरल / Kasaragod, Kerala- 671 316

**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

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

NIMINA A V

Date: 09/07/2020



DEPARTMENT OF YOGA STUDIES
CENTRAL UNIVERSITY OF KERALA
केरल केंद्रीय विश्वविद्यालय

Thejaswini Hills, Periyē, 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: Periyē

Date: 09/07/2020

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
केरल केंद्रीय विश्वविद्यालय
Central University of Kerala
तेजस्विनी हिल्स, परिये डाक / Tejaswini Hills, Periyē
कासरगोड, केरल / 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

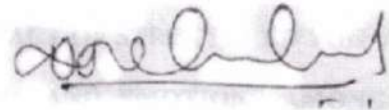
Central University of Kerala,

Periye-671320, Kasaragod, Kerala

July 2020

DECLARATION

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.



RAHUL V N

.MYG051819

Department of Yoga studies

Central university of Kerala

Periye

3rd July 2020



DEPARTMENT OF YOGA STUDIES
CENTRAL UNIVERSITY OF KERALA

केरलकेन्द्रीयविश्वविद्यालय

Thejaswini Hills, Periyē, 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.

Head of the Department

शैक्षिक समन्वयक / Academic Co-ordinator
योग अध्ययन विभाग/ Department of Yoga Studies
Periyē
चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल
School of Health and Public Health
3rd July 2020
केरल केन्द्रीय विश्वविद्यालय
Central University of Kerala
तेजस्विनी हिल्स, पेरिया हिल्स / Tejaswini Hills, Periyē
कासरगोड, केरल / Kasaragod, Kerala- 671 316

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



DEPARTMENT OF YOGA STUDIES

केरल केन्द्रीय विश्वविद्यालय

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



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

DECLARATION

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

Subramanyal

Signature of the guide

Subramanyal

Head of the Department



शैक्षिक समन्वयक / Academic Co-ordinator
योग अध्ययन विभाग/ Department of Yoga Studies
चिकित्सा एवं सार्वजनिक स्वास्थ्य विद्यालय
School of Medicine and Public Health
केरल केंद्रीय विश्वविद्यालय
Central University of Kerala
तेजस्विनी हिल्स, पेरिया डक / Tejaswini Hills, Periya
कासरगोड, केरल / Kasaragod, Kerala- 671 316

DECLARATION

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 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: Kannur

Date: 04.07.2020

**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

DECLARATION

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: Periyar

Date: 05-07-2020



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 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 independent 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.

Subramanyal
5/7/2020
Head of the Department

H. Ganapathi Joiso
Signature of the Guide

शैक्षिक समन्वयक / Academic Co-ordinator
योग अध्ययन विभाग/ Department of Yoga Studies
चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल
School of Medicine and Public Health
Place: Periyar
Central University of Kerala
तेजस्विनी हिल्स, पेरिया हाक / Tejaswini Hills, Periya
Date: 05-07-2020, Kerala- 671 316



**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**

DECLARATION

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 विश्वविद्यालय

Thejaswini Hills, Periyar, 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 : Periyar

Date : 05/07/2020

Signature of the Guide

Signature of the Academic Coordinator

शैक्षिक समन्वयक / Academic Co-ordinator
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तेजस्विनी हिल्स, परियार डाक / Tejaswini Hills, Periyar
कासरगोड, केरल / Kasaragod, Kerala- 671 316



**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

DECLARATION

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: Periyar

Date: 03.07.2020

Signature of the Student



DEPARTMENT OF YOGA STUDIES

CENTRAL UNIVERSITY OF KERALA

केरल केंद्रीय विश्वविद्यालय

Thejaswini Hills, Periyar, 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 समन्वयक / Academic Co-ordinator
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चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल
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Central University of Kerala
तेजस्विनी हिल्स, पेरियार डाक / 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

DECLARATION

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: Nileshtar

SNEHA VV

Date: 05-07-2020



DEPARTMENT OF YOGA STUDIES
CENTRAL UNIVERSITY OF KERALA

केरल केंद्रीय विश्वविद्यालय
Thejaswini Hills, Periyē, 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: Periyē

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
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Central University of Kerala
तेजस्विनी हिल्स, पेरिया हाक / Tejaswini Hills, Periya
कासरगोड, केरल / Kasaragod, Kerala- 671 316



**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

DECLARATION

I, Sukanya S hereby declare that the project work entitled A Programme on **“IMPACT OF ADAPTIVE YOGA PROGRAMME ON COGNITIVE ABILITIES AND MOTOR ABILITIES OF DIFFERENTLY ABLED YOUNG SUBJECT”**, 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: Periyé

Date: 03rd July 2020



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 by **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 award of Post Graduate Degree, MSc. 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: Periyē

Date: 03rd July 2020

Subramanyal
Signature of the Guide

Subramanyal
Signature of the Head of Department

शैक्षिक समन्वयक / Academic Co-ordinator
योग अध्ययन विभाग/ Department of Yoga Studies
चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल
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केरल केंद्रीय विश्वविद्यालय
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तेजस्विनी हिल्स, पेरिया डाक / Tejaswini Hills, Periya
कासरगोड, केरल / Kasaragod, Kerala- 671 316



**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

DECLARATION

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: Periy

Signature of the student

Date: 03-07-2020





**DEPARTMENT OF YOGA STUDIES
CENTRAL UNIVERSITY OF KERALA
केरल केन्द्रीय विश्वविद्यालय**

Tejaswini Hills, Periy, 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.

Subramanyal
Signature of the Guide

Subramanyal
Signature of the Head of the Dept.

Place: Periy

Date: 18-07-2020



शैक्षिक समन्वयक / Academic Co-ordinator
योग अध्ययन विभाग/ Department of Yoga Studies
चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल
School of Medicine and Public Health
केरल केन्द्रीय विश्वविद्यालय
Central University of Kerala
तेजस्विनी हिल्स, पेरिया डाक / Tejaswini Hills, Periya
कासरगोड, 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

DECLARATION

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



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

**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 Requirement 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

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.

Place: Periya

Date: 3/07/2020

Signature of the student



DEPARTMENT OF YOGA STUDIES

CENTRAL UNIVERSITY OF KERALA

केरल केन्द्रीय विश्वविद्यालय

Thejaswini Hills, Periyar, Kasaragod, Kerala 671316

CERTIFICATE

This certified that the dissertation work entitled **“EFFECT OF STRUCTURED 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 समन्वयक / Academic Co-ordinator
योग अध्ययन विभाग/ Department of Yoga Studies
चिकित्सा एवं सार्वजनिक स्वास्थ्य स्कूल
School of Medicine and Public Health
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तेजस्विनी हिल्स, पेरियार हाक / Tejaswini Hills, Periyar
कासरगोड, केरल / Kasaragod, Kerala- 671 316

**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

DECLARATION

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.

Periya

3rd July 2020



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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 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

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**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
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**Faculty Supervisor
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July 2020**

DECLARATION

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:



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CERTIFICATE

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Effect of Yoga Practice on Selected Psychological Variables Among College Students

*Submitted to the Department of Yoga Studies of Central University of Kerala in
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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, Periyē

Date : 11/07/2020

H. Ajamapathi Toisa
Signature of the Guide

Signature of the HOD

DECLARATION

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, Periyar

Date: 11/07/2020

(Dr.Vrinda Madhavan. K)