



MANGALORE UNIVERSITY

Department of Human Consciousness & Yogic Sciences

Mangalagangothri – 574199.

CERTIFICATE

This is to certify that the Project Work entitled “A study on the effect of yoga therapy on occupation stress in Karnataka State Reserve Police Personnel”, is a genuine work successfully completed by **Abhishek P Sanmani** (Reg.No 201791407101), IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Place: Mangalagangothri

Date: 10/10/2022

HT Prasad

Signature of the Guide

(Dr. Thirumaleshwara Prasada H)

[Signature]
Signature of the Chairman

(Dr. K Krishna Sharma)

Professor and Chairman

Department of Human Consciousness
& Yogic Sciences

Mangalore University

Mangalagangothri - 574 199

VALUED

Examiner - I

Examiner - II *[Signature]*
12.10.2022



MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences

Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work entitled “Academic Anxiety among the students practicing Yoga and non Yoga control group” is a genuine work successfully completed by Aneesh (201791407102), IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Place: Mangalagangothri

Date: 10/10/2022

Signature of the Guide

(Dr. Rashmitha)

(Dr. K. Krishna Sharma)

Professor and Chairman

Department of Human Consciousness

& Yogic Sciences

Mangalore University

Mangalagangothri 574 199

VALUED

Examiner - I

Examiner - II

12/10/2022



MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences

Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work entitled **“Comparison of the Respiratory functions among the Yoga Practitioners and Healthy Control Group.”** is a genuine work successfully completed by **Arpitha M (Reg. No: 201791407103)**, IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Place: Mangalagangothri

Date: 10.10.2022

Signature of the Guide

(Mr. Vinayaka Krishna)

Signature of the Chairman

(Dr. K. Krishna Sharma)

Professor and Chairman

Department of Human Consciousness
& Yogic Sciences

Mangalore University

Mangalagangothri 574 199

VALUED

Examiner - I

Examiner - II

Anandakrishna
12.10.2022



MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences

Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work entitled "To evaluate sleep awareness and sleep quality among secondary school students" is a genuine work successfully completed by **Chandana V (201791407104)**, IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under our guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Reg. No: 201791407104

Place: Mangalagangothri

Date: 10/10/2022

Signature of the Guide
[Signature]
Dr. K. Krishna Sharma

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

VALUED

Examiner - I

Examiner - II *[Signature]*
12.10.2022



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Department of Human Consciousness and Yogic Sciences
Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work entitled “A study on the effect of yoga on stress in General Well-being” is a genuine work successfully completed by **Chinmay Vishwanath Bhat** (Reg. No : 201791407105), IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Reg. No:201791407105

Place: Mangalagangothri

Date:

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

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

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

VALUED

Examiner - I

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Handwritten signature
12.10.2022



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Department of Human Consciousness and Yogic Sciences

Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work entitled “Comparison of Spinal Flexibility among the Students practicing Yoga and Non-Yoga Control Group” is a genuine work successfully completed by **Karthika B** (Reg. No : 201791407107), IV Semester, M.Sc. Yogic Science is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Place: Mangalagangothri

Date: 11-10-2022

Signature of the Guide

(Mr. Vinayaka Krishna)

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

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

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12-10-2022



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Department of Human Consciousness and Yogic Sciences

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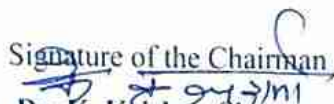
This is to certify that the Project Work entitled "**A study on the effect of yoga therapy on stress and test anxiety among secondary school students**" is a genuine work successfully completed by **Kavitha V (201791407108)**, IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under our guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Reg. No: **201791407108**

Place: Mangalagangothri

Date: 10/10/2022


Signature of the Guide
Dr. Udayakumara K


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

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Department of Human Consciousness and Yogic Sciences

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This is to certify that the Project Work entitled **“Impact of Yoga Therapy Practices on Hypertension among KSRP Police”** is a genuine work successfully completed by Mr. Manjunath (201791407109) IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of a Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Reg. No:201791407109

Place: Mangalagangothri - 574199

Date: 10/10/2022

Signature of the Guide

(Dr. K. Krishna Sharma)

Signature of the Chairman

(Dr. K. Krishna Sharma)

Professor and Chairman

Department of Human Consciousness
& Yogic Sciences

Mangalore University

Mangalagangothri 574 199

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Department of Human Consciousness and Yogic Sciences
Mangalagangothri – 574199

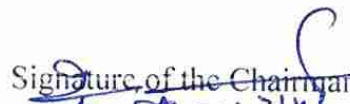
CERTIFICATE

This is to certify that the Project Work entitled “Comparison of Pulmonary Function Among Yoga Practitioners vs. Non-Yoga Healthy Controls” is genuine work successfully completed by **Mathangee V (Reg No: 201791407110)**, IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfillment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Place: Mangalagangothri

Date: 10.10.2022


Signature of the Guide
(Mr. Vinayaka Krishna)


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

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

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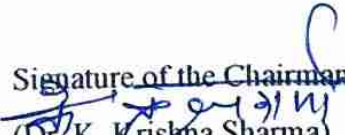
This is to certify that the Project Work entitled “**Effect of Advanced Pranayama on Lung Function of Yoga Practitioners**” is a genuine work successfully completed by Meghashree (Reg.No.:201791407111), IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Reg. No: 201791407111

Place: Mangalagangothri

Date: 10/10/2022

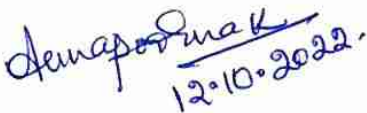

Signature of the Guide
(Dr. Rashmitha)


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

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CERTIFICATE

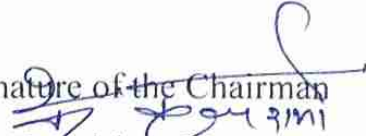
This is to certify that the Project Work entitled “**THE EFFECT OF YOGA ON TOTAL BLOOD COUNT OF HIV INFECTED BOYS**” is a genuine work successfully completed by **PRAVIN KESHAV KARKERA**(REG#201790147112), IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of **Post Graduate Degree (M.Sc.) in Yogic Science** during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Reg. No:201791407112

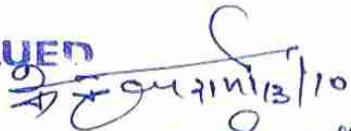
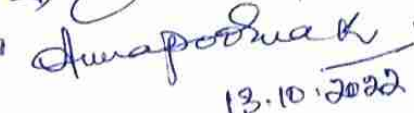
Place: Mangalagangothri

Date: 10-10-2022


Signature of the Guide
(Dr. Udaykumara K)


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

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

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Examiner - I 
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13.10.2022



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Department of Human Consciousness and Yogic Sciences

Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work entitled “Assessment of Yoga as An Adjunct Therapy on Anxiety Level Among Alcoholic Withdrawal Patients” is a genuine work completed by Sachin Monteiro (Reg. No.: 201791407113), IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of a Post Graduate Degree M.Sc. in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Place: Mangalagangothri

Date: 10/10/2022

H T Prasada

Signature of the Guide

(Dr. Thirumaleshwara Prasada H)

[Signature]
Signature of the Chairman

(Dr. K. Krishna Sharma)

Professor and Chairman

Department of Human Consciousness
& Yogic Sciences

Mangalore University

Mangalagangothri 574 199

VALUED

Examiner - I

Examiner - II

[Signature]
13/10/22
[Signature]
13.10.22.



MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences

Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work entitled “Effect of Yoga Therapy on Quality of Life related to Menstrual Problems” is a genuine work successfully completed by **Shilpa Saraswathi** (Reg. No. 201791407114), IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

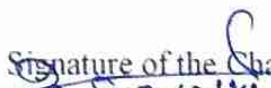
Reg. No.:201791407114

Place: Mangalagangothri

Date: 11.10.2022


Signature of the Guide

(Dr. Udayakumara K)

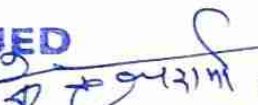

Signature of the Chairman
(Dr. K. Krishna Sharma)
Professor and Chairman

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

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Examiner - I

Examiner - II


13/10/22

13.10.2022



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Department of Human Consciousness and Yogic Sciences

Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work entitled **“Effect of Yoga Therapy on Premenstrual Syndrome among Post Graduate Girls”** is a genuine work successfully completed by **Shruthi K (Reg. No.: 201791407115)**, IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Place: Mangalagangothri

Date: 11 - 10 - 2022

Signature of the Guide

H T Rasad

(Dr. Thirumaleshwara Prasada H)

Signature of the Chairman

Dr. K Krishna Sharma

(Dr. K Krishna Sharma)

Professor and Chairman

Department of Human Consciousness
& Yogic Sciences

Mangalore University
Mangalagangothri 574 199

VALUED

Examiner - I

Dr. K Krishna Sharma 13/10/22

Examiner - II

Anapurna K
13.10.2022



MANGALORE UNIVERSITY

Department of Human Consciousness & Yogic Sciences
Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work entitled “A Study on the Effect of Yoga Therapy on Sleep Quality in Menopause” is a genuine work successfully completed by **Shweta Kulkarni** (Reg. No 201791407116) IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree M.Sc. in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Signature of the Guide

H T Prasada

(Dr. Thiunaleshwara Prasada H.)

Signature of the Chairman

Dr. K. Krishna Sharma

(Dr. K. Krishna Sharma)
Professor and Chairman

Department of Human Consciousness
& Yogic Sciences

Mangalore University
Mangalagangothri - 574 199

Place: Mangalagangothri

Date: 11.10.2022

VALUED

Examiner - I

Examiner - II

Dr. K. Krishna Sharma
13/10/22

Anapurna K
13.10.2022

MANGALORE



UNIVERSITY

Department of Human Consciousness and Yogic Sciences

Mangalagangothri-574199.

D.K. Karnataka

CERTIFICATE

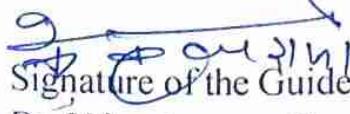
This is to certify that the Project work entitled “**Comparision of spinal flexibility among the post graduation students by practicing yoga and non yoga control group**” is a genuine work successfully completed by **Sujith S C**, Reg. No. **201791407117** Fourth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2021-2022.

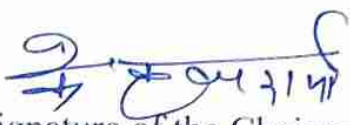
It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Reg. No.: 201791407117

Place: Mangalagangothri

Date: 10.10.2022



Signature of the Guide
Dr. Udayakumara K


Signature of the Chairman
Dr. K. Krishna Sharma

Professor and Chairman

Department of Human Consciousness
& Yogic Sciences

Mangalore University
Mangalagangothri 574 199

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13.10.22



MANGALORE UNIVERSITY
Department of Human Consciousness and
Yogic Sciences, Mangalagangothri - 574199

CERTIFICATE

This is to certify the project work entitled "Effect of Yoga practice on psycho-physiological aspects of students as per curriculum of various academic degree programs: A comparative observational study" is a work completed by Ms. Sunitha Ravi, Fourth Semester, MSc Yogic Science and is submitted to the Mangalore University in partial fulfilment of requirements for the post-graduate degree (M.Sc. Course in Yogic Science during the academic year 2020-2022). It is 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: Mangalagangothri

Date: 10.10.2022

Signature of the Guide:

Signature of the Chairman

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

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Examiner - I

Page 13

Examiner - II

13.10.22



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Department of Human Consciousness and Yogic Sciences
Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work entitled “Effects of Yoga on Liver function in De addictive patients” is a genuine work successfully completed by Mrs. Thanuja IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Reg. No.: 201791407119

Place: Mangalagangothri

Date:

Signature of the Guide
Dr. K. Krishna Sharma

Signature of the Chairman

(Dr. K. Krishna Sharma)

Professor and Chairman

Department of Human Consciousness
& Yogic Sciences

Mangalore University
Mangalagangothri 574 199

VALUED

Examiner - I

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13/10/22
Annapoorna K.



MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences
Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work entitled “Insomnia among the Post-Graduation students practicing Yoga and non Yoga control group” is a genuine work successfully completed by Vijith P (201791407120), IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Place: Mangalagangothri

Date: 10/10/2022

Signature of the Guide

(Dr. Rashmitha)

Signature of the Chairman

(Dr. K. Krishna Sharma)

Professor and Chairman

Department of Human Consciousness
& Yogic Sciences

Mangalore University
Mangalagangothri 574 199

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13.10.2022



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Department of Human Consciousness and Yogic Sciences

Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work entitled **“THE EFFECT OF YOGA THERAPY ON TOTAL BLOOD COUNT OF HIV INFECTED GIRLS”** is a genuine work successfully completed by Yakshith J Shetty (Reg. No.201791401121), IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Place: Mangalagangothri

Date: 12/10/2022

Signature of the Guide

(Mr. Vinayaka Krishna)

Signature of the Chairman

(Dr. K. Krishna Sharma)

Professor and Chairman

**Department of Human Consciousness
& Yogic Sciences**

Mangalore University

Mangalagangothri 574 199

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13.10.2022



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Department of Human Consciousness and Yogic Sciences

Mangalagangothri – 574199

CERTIFICATE

This is to certify that the Project Work entitled “Effect of Yoga Intervention on Sleep Quality in General people” is a genuine work successfully completed by Yatheesha S , IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree (M.Sc.) in Yogic Science during the academic year 2021 – 2022. It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Reg. No: 201791407122

Place: Mangalagangothri

Date: 10/10/2022

Signature of the Guide

(Dr. Rashmitha)

Signature of the Chairman

(Dr. K. Krishna Sharma)

Professor and Chairman

Department of Human Consciousness
& Yogic Sciences

Mangalore University
Mangalagangothri 574 199

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