



## 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 of the Chairman

*K Krishna Sharma*  
(Dr. K Krishna Sharma)

Professor and Chairman

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

**VALUED**

Examiner - I

Examiner - II *Anapurna K*  
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

*Arpitha M*  
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  
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

Examiner - II *Jayapada h*  
12.10.2022





## MANGALORE UNIVERSITY

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

Examiner - II

Chinmay Vishwanath  
12.10.2022

[4]



## MANGALORE UNIVERSITY

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 Sharata)  
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 “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

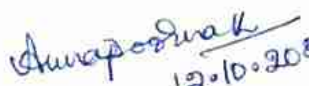
  
Signature of the Guide  
**Dr. Udayakumara K**

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

**VALUED**

Examiner - I

Examiner - II

  
12.10.2022



## MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences

Mangalagangothri – 574199

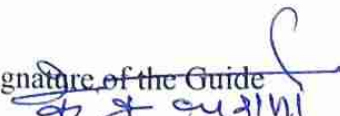
### CERTIFICATE

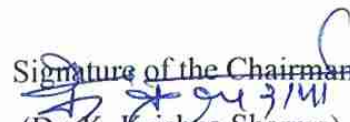
This is to certify that the Project Work entitled “**Impact of Yoga Therapy Practices on Hypertension among KSRP Police**” is a genuine work successfully completed by Mr. Manjunath (201791407109) IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment 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

**VALUED**

Examiner - I

Examiner - II





## MANGALORE UNIVERSITY


Department of Human Consciousness and Yogic Sciences  
Mangalagangothri – 574199

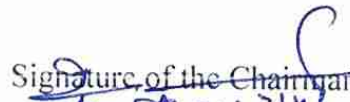
### CERTIFICATE

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

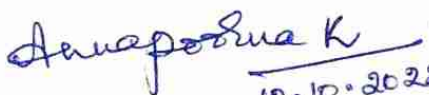
  
Signature of the Guide  
(Mr. Vinayaka Krishna)

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

**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 “**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

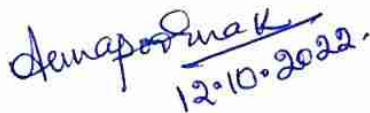
  
Signature of the Guide  
(Dr. Rashmitha)

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

**VALUED**

Examiner - I

Examiner - II

  
12.10.2022.



**MANGALORE UNIVERSITY**

**Department of Human Consciousness and Yogic  
Sciences Mangalagangothri – 574199**


**CERTIFICATE**

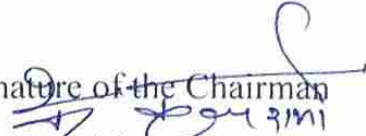
This is to certify that the Project Work entitled “**THE EFFECT OF YOGA ON TOTAL BLOOD COUNT OF HIV INFECTED BOYS**” is a genuine work successfully completed by **PRAVIN KESHAV KARKERA**(REG#201790147112), IV Semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in 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

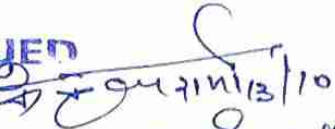
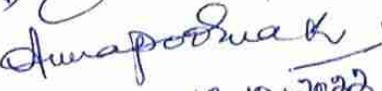
Place: Mangalagangothri

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

**VALUED**  
Examiner - I   
Examiner - II   
13.10.2022





## MANGALORE UNIVERSITY

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 Kasad*

Signature of the Guide

(Dr. Thirumaleshwara Prasada H)

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 *(Signature)* 13/10/22

Examiner - II *(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.

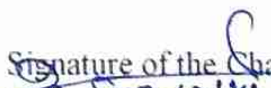
Reg. No.:201791407114

Place: Mangalagangothri

Date: 11.10.2022

  
Signature of the Guide

(Dr. Udayakumara K)

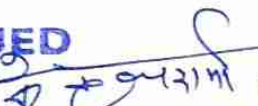

  
Signature of the Chairman  
(Dr. K. Krishna Sharma)  
Professor and Chairman

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

**VALUED**

Examiner - I

Examiner - II

  
13/10/22  
  
13.10.2022



## 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 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 Kasad*

(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. Annapurna K*  
13/10/22

Examiner - II

*Dr. Annapurna K*  
13.10.2022  
4



## 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 Karad*

(Dr. Thiumaleshwara Prasada H.)

Signature of the Chairman

*Dr. K. Krishna Sharma*

(Dr. K. Krishna Sharma)  
Professor and Chairman

Department of Human Consciousness  
& Yogic Sciences

Mangalore University  
Mangalagangothri 574 199

Place: Mangalagangothri

Date: 11.10.2022

**VALUED**

Examiner - I

*Dr. K. Krishna Sharma*  
13/10/22

Examiner - II

*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.

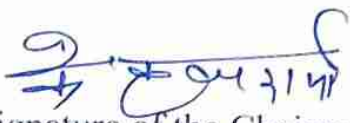
It is also certified that this study or any part of it has not been submitted to any other institutions for any degree or any other similar title.

Reg. No.: 201791407117

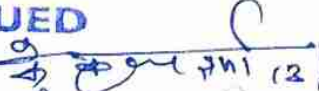

Place: Mangalagangothri

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

**VALUED**  
Examiner - I  (2/10)  
Examiner - II   
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 - 574199

**VALUED**

Examiner - I

Page 13

Examiner - II

13.10.22



## MANGALORE UNIVERSITY

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

Dr. K. Krishna Sharma 13/10/22

Examiner - II

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

**VALUED**

Examiner - I 13/10/22

Examiner - II

13.10.2022





MANGALORE UNIVERSITY

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 574199

VALUED

Examiner - I

Examiner - II

13/10

13.10.2022





## MANGALORE UNIVERSITY

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

**VALUED**

Examiner - I

Examiner - II

4