



MANGALORE UNIVERSITY

(Accredited by NAAC)

Department of Human Consciousness and Yogic Sciences

Mangalagangothri-574199.

D.K. Karnataka

CERTIFICATE

This is to certify that the project work entitled "Impact of Yoga intervention on sleeplessness and sleep quality in police officials." is a genuine work successfully completed by **Arundathi Udayakuamr**, fourth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under our guidance in partial fulfillment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2020-2021.

Reg.No:193151331

Place: Mangalagangothri

Date: 04-11-2020

Signature of the Guide

Signature of the Chairman

Professor and Chairman

Department of Human Consciousness
& Yogic Sciences

Mangalore University

Mangalagangothri 574 199

MANGALORE



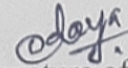
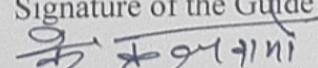
UNIVERSITY

**Department of Human Consciousness and
Yogic Sciences Mangalagangothri,
D.K. Karnataka-574199**

CERTIFICATE

This is to certify that the project work entitled “**Effect of yoga on improving general health of college student**” is a genuine work successfully completed by **Ashika.K.D**, Fourth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under our guidance in partial fulfilment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2020-2021.

Reg.No: 193151332
Place: Mangalagangothri
Date: / 11/2021


Signature of the Guide

Signature of the Chairman
Professor and Chairman
Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri 574 199



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Accredited by NAAC

Department of Human Consciousness & Yogic Sciences

Mangalagangothri-574199.

D.K. Karnataka

CERTIFICATE

This is to certify that the project work entitled "A study on the Effect of yoga therapy on concentration" is a genuine work successfully completed by **Gopalkrishna S N**, IV semester, M.Sc.Yogic Science (Reg. No:193151333), is submitted to the Mangalore University under our guidance in partial fulfillment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2020-2021. 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: 08-11-2021

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



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UNIVERSITY

Department of Human Consciousness and Yogic Sciences

Mangalagangothri-574199.

D.K. Karnataka

CERTIFICATE

This is to certify that the project work entitled **“Impact of Yoga on Musculoskeletal Discomfort and Overall General Health in Police Officials”** is a genuine work successfully completed by Harshita B S, Fourth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under our guidance in partial fulfillment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2020-2021.

Reg.No: 193151334

Place: Mangalagangothri

Date: 04/ 11/2021

H T Basad
Signature of the Guide

[Handwritten Signature]

Signature of the Chairman

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

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(Accredited by NAAC)

Department of Human Consciousness and Yogic Sciences

Mangalagangothri-574199.

D.K. Karnataka

CERTIFICATE

This is to certify that the project work entitled “Effect of Yoga on Overweight lecturers in Degree college”. is a genuine work successfully completed by **Karna K P** (Reg.No:193151335), fourth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under our guidance in partial fulfillment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2020-2021.

Place: Mangala gangothri

Date:

Signature of the Guide


(Dr. K Krishna Sharma)

Professor and Chairman

Department of Human Consciousness
& Yogic Sciences

Mangalore University
Mangalagangothri 574 199

MANGALORE



UNIVERSITY

Department of Human Consciousness and Yogic Sciences

Mangalagangothri-574199.

D.K. Karnataka

CERTIFICATE

This is to certify that the project work entitled “A Study on the Effect of Yoga Therapy on the General Health of the Employees of New Mangalore Port Trust (NMPT)” is a genuine work successfully completed by **B.Kishore Suvarna**, Fourth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2020-2021.

Reg. No: 193151336

Place: Mangalagangothri

Date: 5.11.2021

A handwritten signature in black ink, appearing to be in Kannada script, written over a horizontal line.
Signature of Guide

A handwritten signature in black ink, appearing to be in Kannada script, written over a horizontal line.
Professor and Chairman
Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri - 574199



Department of Human Consciousness and Yogic Sciences

Mangalagangothri-574199.

D.K. Karnataka

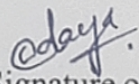
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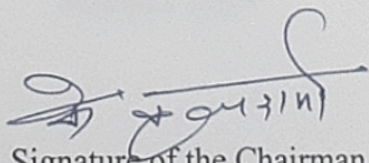
This is to certify that the project work entitled "a study on the effect of yoga therapy on General Health". is a genuine work successfully completed by kshama hegde, Fourth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under our guidance in partial fulfillment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2020-2021.

Reg. No: 193151337

Place: Mangalagangothri

Date: 04.11.2021


Signature of the Guide


Signature of the Chairman
Professor and Chairman
Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri 574 199



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Accredited by NAAC

Department of Human Consciousness & Yogic Sciences

Mangalagangothri-574199.

D.K. Karnataka

CERTIFICATE

This is to certify that the project work entitled **“The Effect of Yoga on Cricket Players in the Age Group 16 Years to 19 Years at Zuese Cricket Academy”** is a genuine work successfully completed by **Manjunath Annigeri**, IV Semester, M.Sc. Yogic Science (Reg.No:193151338), is submitted to the Mangalore University under our guidance in partial fulfillment of the requirements for the award of Post Graduate Degree Course in Yogic Science during the academic year 2020-2021. It is also certified that, the study or any part of it has not been submitted to any other University / Institution for the award of any degree or Certificate.

Place: Mangalagangothri

Date: 8-11-2021

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

MANGALORE



UNIVERSITY

Department of Human Consciousness and Yogic Sciences
Mangalagangothri-574199.

D.K. Karnataka

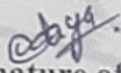
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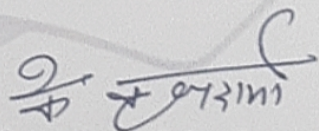
This is to certify that the project work entitled "Effect of Yoga Therapy on memory improvement". Is a genuine work successfully completed by Dingzhi Wang, Fourth semester, M.Sc. Yogic Science submitted to the Mangalore University under our guidance in partial fulfilment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2020-2021.

Reg. No: 193151339

Place: Mangalagangothri

Date:


Signature of the Guide


Signature of the Chairman
Professor and Chairman
Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri 574199



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Accredited by NAAC

Department of Human Consciousness & Yogic Sciences
Mangalagangothri-574199.

D.K. Karnataka

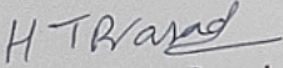
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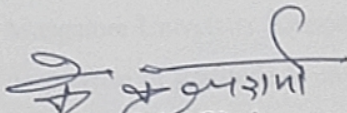
This is to certify that the project work entitled "The Effect of Yoga Therapy on Enhancement of Quality of Life among the People with Menstrual Disorder" is a genuine work successfully completed by Praveen N Patil, IV Semester, M.Sc. Yogic Science (Reg.No:193151340), is submitted to the Mangalore University under our guidance in partial fulfillment of the requirements for the award of Post Graduate Degree Course in Yogic Science during the academic year 2020-2021. It is also certified that, the study or any part of it has not been submitted to any other University / Institution for the award of any degree or Certificate.

Place: Mangalagangothri

Date: 06-11-2020

Signature of the Guide


(Dr. Thirumaleshwara Prasada H)


Signature of the Chairman

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



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

CERTIFICATE

This is to certify the project work entitled "A study on the effect of Yoga on General Health and Wellbeing of Higher Secondary Students during Covid19 pandemic" is a genuine work successfully completed by Mr. Sandeep Rajak, Fourth Semester, M.Sc. Yogic Science and is submitted to the Mangalore University under our guidance in partial fulfillment of requirements for the post-graduate degree (M.Sc. Course in Yogic Science during the academic year 2020-2021). 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:

Signature of the Guide:

Dr. Udayakumara K

Signature of the Chairman
Professor and Chairman
Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri - 574199
Dr. K. Krishna Sharma



MANGALOREUNIVERSITY

Department of Human Consciousness and Yogic Science

Mangalagangothri-574199, D.K. Karnataka

CERTIFICATE

This is to certify that the project work entitled "a study on the effect of yoga therapy on underweight "is a work successfully completed by Sandhya L, fourth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under our guidance in partial fulfilment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2020-2021.

Reg. No: 1931514342

Place: Mangalagangothri

Date: 6.10.2021

Signature of Guide

Professor and Chairman
Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri, U.K. 574199



MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences

Mangalagangothri-574199.

D.K. Karnataka

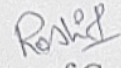
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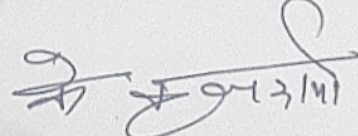
This is to certify that the project work entitled "A study on the effect of yoga on stress and burnout in police constable". is a genuine work successfully completed by **Sanya. U**, Fourth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under our guidance in partial fulfillment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2020-2021.

Reg. No: 193151343

Place: Mangalagangothri

Date: 04 .11.2021


Signature of Guide


Signature of the Chairman

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



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(Accredited by NAAC)

Department of Human Consciousness and Yogic Sciences

Mangalagangothri-574199.

D.K. Karnataka

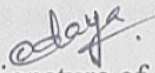
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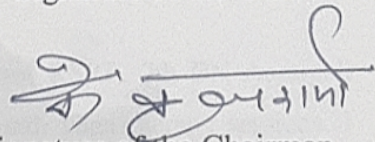
This is to certify that the project work entitled "Study on the effect of Yoga Therapy on Well-being of KSRP family." is a genuine work successfully completed by **Shrilaxmi Hegde**, fourth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under our guidance in partial fulfillment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2020-2021.

Reg.No:193151344

Place: Mangalagangothri

Date: 4-11-2021


Signature of the Guide


Signature of the Chairman
Professor and Chairman
Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri 574 199



MANGALORE

UNIVERSITY

Department of Human Consciousness and Yogic Sciences

Mangalagangothri-574199.

D.K. Karnataka

CERTIFICATE

This is to certify that the project work entitled "Effect of Yoga on General Health Improvement in Hostel Girls" is a genuine work successfully completed by **Suma A K**, Fourth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under our guidance in partial fulfillment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2020-2021.

Reg.No: 193151345

Place: Mangalagangothri

Date: / 11/2021

Rashmi
Signature of the Guide

[Handwritten Signature]
Professor and Chairman
Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri 574 199

MANGALORE



UNIVERSITY

Department of Human Consciousness and Yogic Sciences

Mangalagangothri-574199.

D.K. Karnataka

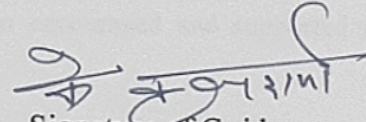
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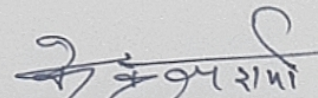
This is to certify that the project work entitled "A Study on the Effect of Yoga Therapy on the General Well-being of the Employees of New Mangalore Port Trust (NMPT)" is a genuine work successfully completed by Sunil D P, Fourth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2020-2021.

Reg. No: 193151346

Place: Mangalagangothri

Date: .11.2021


Signature of Guide


Professor and Chairman
Department of Human Consciousness
& Yogic Sciences
Mangalore University
Mangalagangothri, 574 199



MANGALORE UNIVERSITY

(Accredited by NAAC)

Department of Human Consciousness and

Yogic Sciences Mangalagangothri,

D.K. Karnataka-574199

CERTIFICATE

This is to certify that the project work entitle “**Efficacy of Yogic Practices on People Working in Digital Marketing Agencies**” is a genuine work successfully completed by **Suraksha.B**, Fourth semester, M.Sc.Yogic Science, is submitted to the Mangalore University under our guidance in partial fulfilment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2020-2021.

Reg. No:193151347

Place: Mangalagangothri

Date: 06-11-2021

Signature of the Guide,

(Dr. K. Krishna Sharma).

Professor and Chairman

Department of Human Consciousness
& Yogic Sciences

Mangalore University
Mangalagangothri 574 199



MANGALORE

UNIVERSITY

Department of Human Consciousness and Yogic Sciences

Mangalagangothri-574199.

D.K. Karnataka

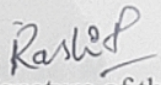
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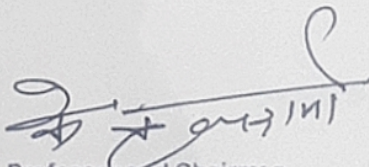
This is to certify that the project work entitled “Efficacy of Yoga on Enhancement of General health of College Students” is a genuine work successfully completed by **Swathi B**, Fourth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under our guidance in partial fulfillment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2020-2021.

Reg.No: 193151348

Place: Mangalagangothri

Date: / 11/2021


Signature of the Guide


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



MANGALORE UNIVERSITY

**Department of Human Consciousness and Yogic
Sciences Mangalagangothri-574199. D.K.
Karnataka**

CERTIFICATE

This is to certify that the project work entitled "Effect of yoga on concentration" is a genuine work successfully completed by Umesha P, Fourth semester, M.Sc. Yogic Science, is submitted to the Mangalore University under our guidance in partial fulfilment of the requirements for the Post Graduate Degree Course in Yogic Science during the academic year 2020-2021.

Reg. No:193151349

Place: Mangalagangothri

Date: 08-11-2021

H T Basad

SIGNATURE OF THE GUIDE

Dr. S. S. Srinivas

SIGNATURE OF THE CHAIRMAN

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