



# MANGALORE UNIVERSITY

Accredited by NAAC with A Grade

Department of Human Consciousness and Yogic Sciences

Mangalagangothri – 574199

## CERTIFICATE

This is to certify that the Project Work entitled “**Enhancement of Musculoskeletal-Health Related Quality of Life in Rural Community Through Yoga Therapy**” is a genuine work successfully completed by **Adithya Krishna M (Reg. No. 175196401)**, 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 2018 – 2019. 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: 13.05.2019

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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Mangalagangothri – 574199

## CERTIFICATE

This is to certify that the Project Work entitled **“Improvement of Physical Health and Enhancement of Musculoskeletal Function through yoga in Rural Community”** is a genuine work successfully completed by Amiya Das (Reg. No.175196402), 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 2018 – 2019. 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: 13/05/19

Signature of the Guide

(Dr. Udaya Kumara 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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Mangalagangothri – 574199

### CERTIFICATE

This is to certify that the Project Work entitled “**Effect of Selected yogic practices on attention level in school children** ” is a genuine work successfully completed by **ASHURA** (Reg. No. **175196403**), 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 2018 – 2019. 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:

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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**Mangalagangothri – 574199**

**CERTIFICATE**

This is to certify that the Project Work entitled **“Efficacy of Yoga Therapy On Migraine and Haemoglobin level among girls”** is a genuine work successfully completed by **Ashwni.K**, (Reg.No. 175196404), 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 2018 – 2019. 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: 8-05-2019

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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Mangalagangothri-574199

## CERTIFICATE

This is to certify that the Project Work entitled "The Effect Of Yoga Nidra On Sleep Quality And Sleep Disorders" is a genuine work successfully completed by Bhavisha Gokulan (Register No: 175196405), IV Semester, M.SC Yogic Science, is submitted to the Mangalore University under my guidance in partial fulfillment for the award of Post Graduate Degree (M.Sc) in Yogic Science during the academic year 2018-2019. 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:

Signature of the Guide:

Handwritten signature of Dr. Uday Kumar in black ink.

(Dr. Uday Kumar)

Signature of the Chairman:

Handwritten signature of Dr. K. Krishna Sharma in black ink.

(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 Science**  
**Mangalagangothri - 574199, Dakshina Kannada, Karnataka.**

### CERTIFICATE

This is to certify that the Project Work entitled “**The Effect of Selected Yogic Practices on Underweight**” is a genuine work successfully completed by FAKKEERESH DANDIN (Reg. No.175196406), 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 2018 – 2019. 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:

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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Mangalagangothri – 574199


### CERTIFICATE

This is to certify that the Project Work entitled “**Improvement of Memory among Adolescent School Children through Yogic Intervention**” is a genuine work successfully completed by Gopalakrishna Hangari (Reg.No.175196408), 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 2018 – 2019. 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: 10.5.2019

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  
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 “**The Effect of Yoga Therapy On Selected Under Weight**” is a genuine work successfully completed by **Gurukiran M.S (Reg. No. 175196409)**, 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 2018 – 2019. 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: 13/5/19

**Professor and Chairman**  
Department of Human Consciousness  
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Mangalore University  
Mangalagangothri - 574 199





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### CERTIFICATE

This is to certify that the Project Work entitled “The effect of yoga therapy on overweight and obese people” is a genuine work successfully completed by **Harisha S (Reg. No. 175196410)**, 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 2018 – 2019. 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: 10.5.2019

Signature of the Guide

(Dr. Thirumaleshwarar Prasada.H)

Signature of the Chairman

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



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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 selected yogic practices on obese and overweight in village people**” is a genuine work successfully completed by Ms. Hitha M. P (Reg. No.175196411), 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 2018 – 2019. 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: 10.5.2019

*H T Prasada*

Signature of the Guide

(Dr. Thirumaleshwara Prasada. H)

*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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### CERTIFICATE

This is to certify that the Project Work entitled “**Efficacy of Yoga Therapy in Regularizing Menstrual Cycle**” is a genuine work successfully completed by **Jaisri.V** (Reg. No. 175196412), 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 2018 – 2019. 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: 08/05/2019

Signature of the Guide

(Dr. Thirumaleswara 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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**Mangalagangothri – 574199**

**CERTIFICATE**

This is to certify that the Project work entitled “The Effect of Yoga on Perceived Stress Level of University Students” is a genuine work successfully completed by Mr. Jobin K, Fourth Semester, M.Sc (Yogic Science) and is submitted to the Mangalore University under my guidance in partial fulfillment of the requirements for the Post Graduate Degree (M.Sc.) Course in Yogic Science during the academic year 2018-2019. 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

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





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Mangalagangothri – 574199

### CERTIFICATE

This is to certify that the Project Work entitled “**Effect of Yoga Therapy on Anxiety among the Post-Graduate Male Hostel Students**” is a genuine work successfully completed by **Kailas K Nair (Reg. No. 175196414)**, 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 2018 – 2019. 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: 09.05.2019

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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Mangalagangothri – 574199

### CERTIFICATE

This is to certify that the Project Work entitled “The Effect of Yoga on Attention deficit and Hyperactivity disorder with personality development in school children” is a genuine work successfully completed by Lakshmi.K.S. (Reg.No.175196415), 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 2018 – 2019. 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: 8-05-2019

Signature of the Guide

A handwritten signature in blue ink, appearing to be in Kannada script.

(Name of the Guide)

Signature of the Chairman

A handwritten signature in blue ink, appearing to be in Kannada script.

(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 Dissertation/Project Work entitled “The Effect of Selected Yogic Practices on Anxiety and Cognitive Processing Speed” is a genuine work successfully completed by Mali Kheawcha-Um (Reg. No. 175196416), 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 2018 – 2019. 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:

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

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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 OVER WEIGHT IN POST GRADUATE STUDENTS OF BOYS HOSTEL” is a genuine work successfully completed by PRAKASH (Reg. No. 175196417), 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 2018 – 2019. 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: 10/05/19

Signature of the Guide

(Dr. Udaya Kumara K)

Signature of the Chairman

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



MANGALORE UNIVERSITY



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DEPARTMENT OF HUMAN CONSCIOUSNESS AND YOGIC SCIENCES

MANGALAGANGOTTHRI - 574199

D.K. KARNATAKA

**CERTIFICATE**

This is to certify that the project work entitled a study on **“EFFECT OF YOGA THERAPY ON MEMORY POWER AND STRESS IN HIGH SCHOOL STUDENTS”** is the original work, successfully completed by Mr. Santhosh.G, Reg. No: 175196418, IV Semester, M.Sc Yogic science and is being submitted to the Mangalore University under my guidance in partial fulfilment of the requirements for the award of Post Graduate Degree Course in Yogic Science during the academic year 2018-2019.

Signature of the Guide

Handwritten signature of HT Prasada H in black ink.

(DR. THIRUMALESHWARA PRASADA H)

Signature of the Chairman

Handwritten signature of DR. K KRISHNA SHARMA in blue ink.

(DR. K KRISHNA SHARMA)

Professor and Chairman,  
Department of Human Consciousness  
& Yogic Sciences

Mangalore University  
Mangalagangothri - 574 199

Place: Mangalagangothri

Date: 10.5.2019



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Mangalagangothri -574199

### CERTIFICATE

This is to certify that the Dissertation/ project work entitled **“The Effect of Selected Practices in the Management of Psychological Distress Level in School Children”** is a genuine work successfully completed by SAVITHA K (175196419), Fourth Semester, M.Sc. (Yogic Science), is submitted to 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 2018-2019. 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.

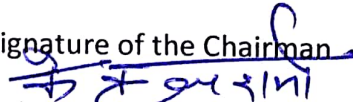
Place : Mangalagangothri

Date :

Signature of the Guide

  
(Dr. K Krishna Sharma)

Signature of the Chairman

  
(Dr. K Krishna Sharma)

**Professor and Chairman**  
Department of Human Consciousness  
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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 Selected Yoga Practices On Hemoglobin Level**” is a genuine work successfully completed by Shanthakumari P.S (Reg No : 175196420), 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 2018 – 2019. 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: 10/05/19

Signature of the Guide

(Dr. K. Krishna Sharma)

Signature of the Chairman

(Dr. K. Krishna Sharma)

**Professor and Chairman**  
Department of Human Consciousness  
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Mangalagangothri 574 199



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Mangalagangothri – 574199

### CERTIFICATE

This is to certify that the Project Work entitled “**A STUDY ON THE EFFECT OF SELECTED YOGIC PRACTICES ON BLOOD PRESSURE**” is a genuine work successfully completed by **Vinayak Irayya Sankad** (Reg. No.175196421), 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 2018 – 2019. 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: 10/5/19

Signature of the Guide

Handwritten signature of Dr. K. Krishna Sharma in black ink.

(Dr. K. Krishna Sharma)

Signature of the Chairman

Handwritten signature of Dr. K. Krishna Sharma in black ink.

(Dr. K. Krishna Sharma)

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