**M.A. YOGASHASTRA SECOND YEAR, SEMESTER - IV**

**DISSERTATION LIST**

**2016-2017**

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| **Sr. No.** | **Topic** | **Medium** |
| 1 | “ Yoga – To Achieve Corporate Excellence” | English |
| 2 | “मनोविकार – नैराश्य यावर प्रणव साधना योग” सकारात्मक परिणाम” | Marathi |
| 3 | आधुनिक युग में ध्यान की अति आवश्यकता | Hindi |
| 4 | “वृध्दत्वातील एकाकीपणा आणि योग” | Marathi |
| 5 | विपश्यना | Marathi |
| 6 | Effect of Yogic Exercise on eyesight | English |
| 7 | Combined Effect of Yoga and Physical - Occupational Therapy Exercises on Woman Suffering from multiple joint Pain | English |
| 8 | Hathapradipika of Swatmaram the Guiding star for the Initiation of Personality Development | English |
| 9 | आजच्या कार्यालयीन विश्वात वेदान्त विचारांचे स्थान | Marathi |
| 10 | “हठयोगातील चक्र संकल्पनेच्या आधुनिक जीवनात उपयोग” | Marathi |
| 11 | “योग साधनेच्या सहाय्याने सात्विकतेकडे वाटचाल” | Marathi |
| 12 | Ekantik Moksh Achieved by Bhakti along with Dharm, Jnan, and Vairagya | English |
| 13 | व्यक्तिमत्व विकास आणि भक्ती योग | Marathi |
| 14 | Patanjala Yoga Sutras from the Perspective of Dharma | English |
| 15 | Effects of Laghoo Shankha Prakshalana (LSP) on the Digestive System and Leading | English |
| 16 | Effect of Yogic Techniques in reduction of Pre-Operational Stress of Patients Undergoing Cataract Surgery | English |
| 17 | Significance of Ashtanga Yoga in Pancha Kosha | English |
| 18 | ज्ञानेश्वरी व हठयोगातील कुंडलिनी योग | Marathi |
| 19 | वरिष्ठ नागरिक आणि निद्रा | Marathi |
| 20 | षट्चक्र आणि योग | Marathi |
| 21 | Effect of Yogic Practices in Learning Disability: A Case Study | English |
| 22 | Vamana - A Comparative study of Vamana in Yoga and Ayurveda | English |
| 23 | पौगंडावस्था – मानसिक वादळाचा काळ आणि प्राणायाम | Marathi |
| 24 | सुर्यनमस्कारामाध्ये चक्रांची कार्यप्रणाली व लाभ (संकल्पनात्मक अभ्यास) | Marathi |
| 25 | Comparative Study of Yogic Concept in Patanjali Yoga Sutra and in Bhagavadgita | English |
| 26 | “पतंजालींची चित्त प्रसादने म्हणजे आधुनिक काळातील समस्यांवर परिणामकारक उपाय” | Marathi |
| 27 | क्रीयायोगातुन व्यक्तिमत्व विकास | Marathi |
| 28 | Yoga as Sa-Isvara Samkhya | English |
| 29 | “दंतमूल धौती व जिल्हा शोधन क्रिया या शुद्धी क्रियांच्या मौखिक आरोग्यावर होणारे परिणाम” | Marathi |
| 30 | Review of Yogic Text for Yoga Asana for Improving Balance in People with Diabetic Peripheral Neuropathy | English |
| 31 | ऊँ कार व भ्रामरी प्राणायामने मुलांची एकाग्रता व स्मरणशाक्तीत वाढ | Marathi |
| 32 | Schizophrenia and Conquest for Love Effects on Personality, Recovery of Senses, Weight change and Lifestyle Enhancement through Yoga | English |
| 33 | ‘श्वसनसंस्था आणि योग’ | Marathi |
| 34 | Yogic Techniques to Reduce “Central Obesity” | English |
| 35 | Karmayoga – Different Perspectives | English |
| 36 | Effect of Trataka on Memory and Concentration for Children aged 8 to 12 Years | English |
| 37 | Polycystic Ovarian Syndrome and Yoga Therapy | English |
| 38 | Kundalini Energy | English |
| 39 | Significance of Yogic Diet in Modern Nutritional System | English |
| 40 | Yoga for Actors | English |
| 41 | विस्मरण – न ठरो शाप | Marathi |
| 42 | वाढत्या वयातील मुलांच्या समस्या व योगनिद्रा | Marathi |
| 43 | Exploration of Durga Saptashati – in the Light of Yoga Sutras | English |
| 44 | “निसर्गोपचार आणि योग” | Marathi |
| 45 | प्रेक्षाध्यानातील कायोत्सर्गमुळे रक्तदाबावर होणारा परिणाम | Marathi |
| 46 | स्त्री विषयक आजार (PCOS) | Marathi |
| 47 | The Effects of Yoga on Fatigue in old age Fifty to Sixty in Woman and Man | English |
| 48 | Effect of Yogic Practices on Polycystic Overian Syndrome (PCOS) | English |

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