**M.A.YOGASHASTRA SECOND YEAR SEMESTER - IV 2018-2019**

**DISSERTATION**

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| **Sr No** | **Name of student** | **Medium** | **Topic** |
|  | AMIT SINGH | English | Effect of practicing Yoga on the Human factors for persons working in the Aviation Industry  |
|  | ANIL KUMAR CHAUHAN | English | Positive Health Effects of Yoga  |
|  | ARORA JUHI SUNDEEP | English | Effects of Pranayama on the Behavior of Students  |
|  | ASRANI NEELAM LALCHAND | English | Comparative study of Yogic concept in Patanjali Yoga sutra and in Bhagwatgita  |
|  | BAGAL PRANJAL PRASHANT | हिंदी  | शुद्धिक्रिया का विस्तृत अध्ययन  |
|  | BAJPAI PRIYA SUPENDRA | English | Weight Management for 30 to 50 Age Women’s from Asana & Diet |
|  | BAKSHI KIRAN RAJENDRA | हिंदी  | योग और श्री गुरु ग्रन्थ साहिबजी में योग के तत्त्व वा तुलनात्मक अध्ययन  |
|  | BHANUSHALI SHOMAL NITIN | English | Surya Namaskar the way of Life for Working Women |
|  | BHAT ARCHANA RADHESH | English | An Exploratory study on Yoginis of India  |
|  | BHATT PRUTHA ANIL | English | Importance of Postural Alignment in Yogasana for Injury Prevention  |
|  | BORLE VANDANA SANDEEP | हिंदी  | योग अभ्यास से आठवी कक्षां के विद्यार्थीयो का मानसिक. बौद्धिक, शारीरिक विकास  |
|  | BUSA BEENA CHIRAG | English | Significance of Swara Yoga for Achieving Emotional Stability  |
|  | CHAUDHARI SHRIRAM SITARAM | मराठी  | “रोज वीस मिनिटे याप्रमाणे एक महिना कपालभाती शुद्धिक्रियेच्या सरावाने रक्तातील हिमोग्लोबिन पातळीवर होणारा परिणाम” |
|  | CHAUDHARY SNEHAL ASHOK | मराठी  | योगाद्वारे वांझंत्वावर होणारे लाभ  |
|  | CHAVAN PRATIKSHA SANJAY | English | “Effect of Yoga as An adjunct to Aerobic exercises on Menopausal Symptoms and Quality of Life” |
|  | CHILEKAR MINAL SATISH | English | Yoganidra for Cancer Patients ( for Chemotherapy) |
|  | DALAL DILIP KUMAR | English | Scientific Aspects of Yogic Practices  |
|  | DALVI RAJESH JAYPRAKASH | मराठी  | योगातील सूर्यनमस्कार व ओंकार ध्यान यांनी मुलांची स्मरणशक्ती व एकाग्रता वाढते |
|  | DANI HEMANGI YATIN | English |  Effects of Hatha Yogic Asanas on the Quality of Life of Middle aged Women  |
|  | DATE SHRIRANG GANESH | मराठी  | योगनिद्रा- एक परिपूर्ण योगसाधना  |
|  | DEODHAR MANDAR RAVINDRA | English | Do Yoga and Indian classical Music complement each other  |
|  | DESAI MADHURIKA AVINASH | मराठी  | “स्वभाविक रजोनिवृत्ती संक्रमणकालीन लक्षणे व त्यावर एकात्मयोग चिकित्सेची उपयुक्तता” |
|  | DESAI MAYURI JAYENDRA | English | Effect of Practice of Yoga on Autism Spectrum Disorder Children age 12yeras to 16 years  |
|  | DEVADAS PANKAJ |  |  |
|  | DHADAVE AMITA RUPESH | English | Concept of Aparigraha in Bharatiya Darshana |
|  | DHEKANE SHABARI PRASHANT | मराठी  | तिबेटीयन साउंड बाऊल चक्रध्यानाचे शारीरिक, मानसिक भावनिक स्तरावर होणारे परिणाम  |
|  | DHURI VINOD PANDURANG | मराठी | योगसाधनेचे गिर्यारोहकांवर होणारे परिणाम आणि फायदे  |
|  | DIKSHIT UMA RAMACHANDRAN | English | Effectiveness of integrated approach of Yoga therapy on Sustained – attention and self-awareness of adolescent Students.  |
|  | DIXIT RAJIV RAMESH | English  | Integrated approach of Yoga therapy (IYAT) in Diabetic Neuropathy  |
|  | GOTEKAR MRUNAL YOGESH | English | Effectiveness of Yogic Therapy on Patients suffering from Pneumonia  |
|  | GUPTA JITENDRA DASHARATH | हिंदी | मैराथान धावक के लिए योग का महत्व |
|  | HARMALKAR SUCHETA SANTOSH | मराठी  | ज्ञानयोगावरील स्वामी विवेकानंदाचे विचार : एक अभ्यास  |
|  | JADHAV MONALISA VISHWAS | मराठी | कोर्पोरेट योग – एक पुनरावलोकन |
|  | JADHAV SWATI SHARAD | मराठी  | ‘मोक्ष’ – संकल्पना – भारतीय तत्वज्ञानानुसार तुलनात्मक अभ्यास  |
|  | JAISWAL VISHNU DASAIRAM | English | Comparative study of Asanas in different Yogic text |
|  | KAMDAR VISHAL JAYESH | English | Impact of Yoga on Software & IT industry. |
|  | KANADE VINAMRATA VILAS | मराठी  | “भारतीय दर्शनातील ईश्वर संकल्पनेचे तर्कशुद्ध अवलोकन” |
|  | KATOLEY SONALI PRASHANT | मराठी  | “योगाभ्यासामुळे आमवाताच्या रुग्णांवर होणारे शारीरिक व मानसिक परिणाम” |
|  | KAVITA SHARMA | हिंदी  | नारद भक्ति सूत्र और भगवत गीता मैं भक्ति तुलनात्मक अध्ययन  |
|  | KHANDHADIA CHETAN JAGDISH | English | Effectiveness of Yoga Practices to reduce the symptoms for Individual with peripheral Vertigo  |
|  | KULKARNI PRAJAKTA SHARAD | मराठी | योगाभ्यासाचा श्वसन क्षमतेवर होणारा परिणाम  |
|  | LATHA NATARAJ | English | Yoga – A tool to Ease Midlife Transition in Women  |
|  | LONDHE AVINASH ISHWAR | मराठी  | हठयोगाच्या प्रमुख ग्रंथामध्ये वर्णित मुद्रा आणि बंधाचा अभ्यास  |
|  | MANE SHIVANI SHIVRAJ | मराठी | लघुशोध निबंध- महिला पोलिसांचे योगाद्वारे समस्या निवारण  |
|  | MEHTA HARDIK DEEPAK | English | Importance of Pelvic Tilt in Yogasanas  |
|  | MISHRA SANJAY DIWAKAR | English  | Effects of Yogasana on the Rehabilitation of Muscles  |
|  | MISTRY APARNA MOHANLAL | हिंदी  | योगद्वारा अस्थमा पर नियंत्रण  |
|  | MUDRA VERMA | English | Refutation of Buddhist doctrines in Yogasutra and Vyasa Bhashya  |
|  | NAIK RAJABHAU YASHWANT | मराठी  | नर्मदा परिक्रमा एक क्रियायोग  |
|  | NAIR JYOTHI UNNIKRISHNAN | English | Journey through the Gunas Transformation from Tamasic Prakriti to Sattvic Prakriti  |
|  | NEHETE MILIND VASUDEO | मराठी | लहान मुलांची आकलन शक्ती वाढविण्यात योग साधना उपयोगातयेते का – एक अभ्यास  |
|  | NEVE MINAL MILIND | मराठी  | “तोतरेपणीतील एकाकीपणा आणि योग” |
|  | NIKALE SUSHMA SANJAY | English | Impact of Yogic Practices for Improvement of Eyesight  |
|  | NIMKAR MADHUMATI NIKHIL | English | Novel Method of use of Capnometry to Decide Nostril Dominance – With Special reference to Swarayoga: A Prospective observation study  |
|  | NISAR KHUSHBOO MANSUKH | English | Yoga for Montessori Teachers  |
|  | PANDYA PRATIKSHA PRANAV | English | Yogic Effects on Hypothyroidism  |
|  | PAREKH VIDHISHA JINESH | English | “Effects of Yogic Diet in Lowering Plasma Triglycerides Levels” |
|  | PATEL DIMPLE MADAN | English | Therapeutic effect of Yoga on level of Depression among Women suffering from Polycystic Ovarian syndrome (PCOS)  |
|  | POOJA CARIAPPA | English | Yogic practices for Weight Loss and its Impact on general Health  |
|  | PRABHAKAR SATYA PRABHAT | English  | Nadishodhan Pranayama and Its Effectiveness in Dealing with Stress |
|  | PRASANNA SABUKUMAR | English | ‘Yoga’ – Power Bank of Universal Energies  |
|  | RAJNEET BHATIA | English | Benefits of Pranayama as per the Classical Text Hathayogapradipika  |
|  | RAMYA UDHAYASANKAR | English | Mindfulness Meditation: The Practical Guide to Enhance the Emotional Intelligence |
|  | RAVINDRA DUTT | English | Effectiveness of Yoga in Travel Sickness  |
|  | SHAH CHHAYA MANISH | English | “Yoga & Mantra Japa for Knee Pain Management” |
|  | SHAH FORAM PARIN | English | Effect of Sattvic Diet on Weight Management  |
|  | SHAH YOGINI RAJESH | English | A Study n impact of Sagarbha Anulom Viloma Pranayama on the Hormanal imbalance of People  |
|  | SHAILENDRA SINGH | हिंदी  | ‘अलग अलग धर्म में अपवास को महत्त्व व तुलनात्मन अभ्यास’ |
|  | SHANTAKUMARI SHIVRAMAN | English | Effectiveness of Yogic practices guidelines in prevention of injuries  |
|  | SHERLEKAR SINDHU AMRESH | हिंदी  | विपश्यना और पतंजलि ओमकार ध्यान का तुलनात्मक अध्ययन  |
|  | SHETH MICKIN MUKUND | English | Effect of Laughter Yoga on general Well being  |
|  | SHIDNE SAKSHI KIRAN | मराठी  | मनाची पारगम्यता – ओशो सक्रीय ध्यान पद्धती व महर्षि महेश योगो भावातील ध्यान (तुलनात्मक अभ्यास) |
|  | SHINDE VANDANA VILAS | English | Study of effect of Yoga therapy on Diabetes in Corporate Employees  |
|  | SHIRSAT JYOTI UDDHAV | English | Effect of Kapalbhati on Weight loss |
|  | SHITOLE SAROJ NARAYAN | English | Comparative study of “Kundalini energy & Pranic healing energy” |
|  | SORTE SUCHITA BHAGWAN | मराठी  | ताओझम ध्याम आणि बुद्धिझम ध्यान यामधील साम्य |
|  | SUMA NAIR | हिंदी  | गर्भावस्था में योग और भ्रामरी प्राणायाम का प्रभाव  |
|  | TAMBE MOHINI VIJAY | मराठी  | तुलनात्मक अभ्यास- घेरंड संहिता, हठप्रदीपिका व योगोपनिषदे यांमधील प्राणायाम  |
|  | TERWAD SNEHA SUNIL | English | Inculcating Yoga as a Lifestyle for Adolescents in Schools: An Exploratory Approach  |
|  | UMA SHARMA | English | Efficacy of IAYT Practices on HbA1c Levels in Type 2 Diabetes |
|  | VAIDYA MANEESHA CHANDRASHEKHAR | English | Efficacy of Aum Chanting on Insomnia in Elderly urban Female Population of Thane City  |
|  | VELANI KRUPA MAHENDRA | English | Science of Detoxification of colon as per Yoga, Ayurveda & Naturopathy  |
|  | YADAV VISHWANATH LAUTANRAM | English | Effectiveness of Yoga for improving the quality of life corporate employees. |
|  | BHOLE TANUJA | मराठी  | अविद्या संकल्पना पातंजल योगदर्शन आणि बौध्ददर्शन – तौलनिक अभ्यास  |