



Master of Arts in Yoga (M.A. Yoga)

Academic session 2021 Dissertation Completed students list

Sr. No.	Name of the Student	Name of the Research Guide	Year	Research Topic
०१.	श्रीमती गिरम शामबाला शाहुराव	डॉ. अभिजित कदम	2021	“विशिष्ट योग प्रशिक्षण कार्यक्रमाचा दहा ते बारा वयोगटातील मुलांच्या एकाग्रतेवर होणाऱ्या परिणामांचा अभ्यास”
०२.	श्री. गजरमल सिद्धार्थ संभाजी	डॉ. दादासाहेब ढेंगळे	2021	“पुणे जिल्ह्यातील प्रौढ व्यक्तींच्या चयापचयावर ती कपालभाती क्रियेचा होणाऱ्या परिणामाचा अभ्यास”
03.	Smt. Ambedkar Pallavi Shirish	Dr. Dadasaheb Dhengale	2021	“Study on Awareness of Yoga among Final Year College Students from Pune City College are Affiliated to Savitribai Phule Pune University”
04.	Smt. Bhopale Pooja Gajanan	Dr. Dadasaheb Dhengale	2021	“A Comparative Study of the Depression Level Among Yoga Practitioner and Non Yoga Practitioner”
05.	Smt. Chandan Preeti Dattatray	Dr. Suman Pandey	2021	“A Comparative Study of the Stress Level among Yoga Practitioner and Non Yoga Practitioner”
06.	Smt. Chaudhari Sunita Prabhakar	Dr. Vishnu Pethkar	2021	“Effect on Six Week Shanti Yoga Program on Mental Health of Health Care Professionals from Pune City in Covid-19 Pandemic”

Sr. No.	Name of the Student	Name of the Research Guide	Year	Research Topic
07.	Smt. Chaudhari Vidula Ramesh	Prof. (Dr.) Deepak Mane	2021	“Effect of Yogic Intervention Program on Muscular Strength of Housewives”
08.	Smt. Dabir Smita	Dr. Suman Pandey	2021	“Effect on Six Weeks a Strong Yoga Program on Mental Health of a Compulsive Smartphone Users”
09.	Smt. Gaikwad Vandana Mogal	Dr. Dadasaheb Dhengale	2021	“Effect of Six Weeks of Yogic Asanas Program on Low Back Pain among Labour Women in Cotton Mill”
10.	Smt. Gugale Rakhee Rajendra	Dr. Vishnu Pethkar	2021	“The Effect of Cyclic Meditation on Perceived Stress among Male IT Professionals”
11.	Smt. Kamble Meenakshi Ramdas	Dr. Suman Pandey	2021	“Effect on Eight Weeks of Suryanamaskar Program and Diet Plan on Body Composition of Obese Bank Employees”
12.	Smt. Kaviskar Sheetal Shankar	Dr. Abhijit Kadam	2021	“Comparative Study of the Stress Level among Male and Female Yoga Practitioner”
13.	Smt. Kodam Vandana Kisan	Dr. Abhijit Kadam	2021	“Effect on Yogic Application Program on Mental Health in Parents of 10 th and 12 th Standard Students”
14.	Smt. Mehra Mayuri Ayush	Prof. (Dr.) Deepak Mane	2021	“Effect on Six Week of Selected Yoga Practices on Resilience among Adolescent Boys”
15.	Smt. Mulay Sayli Pravin	Dr. Dadasaheb Dhengale	2021	“Effect of Hotha Yogic Practices on the Quality of Life among Adult Females from Pune”

Sr. No.	Name of the Student	Name of the Research Guide	Year	Research Topic
16.	Mr. Naikwade Ganesh Popat	Dr. Abhijit Kadam	2021	“Effect on Six Weeks Yoga Therapy on Quality of Sleep among Information Technology Professionals from Pune City”
17.	Smt. Narayane Shubhangi Ashish	Dr. Vishnu Pethkar	2021	“Effect on Six Week Pranav Jaap Yoga Intervention Program on Stress among Female Corporate Employees”
18.	Smt. Pawar Bhagyashri Bandu	Dr. Dadasaheb Dhengale	2021	“Effect of Yogic Asanas on Premenstrual Symptoms among College Going Girls”
19.	Smt. Phansalkar Prajkta Jayram	Dr. Vishnu Pethkar	2021	“Descriptive Survey of Happiness Level among Yoga Practitioner from Maharashtra”
20.	Smt. Puri Paridnya B.	Dr. Suman Pandey	2021	“Study of Relationship of Vedic Personality with Happiness and Quality of Life among Yoga Practitioner and Non Practitioner”
21.	Smt. Pande Snehal Mukund	Dr. Suman Pandey	2021	“Descriptive Study of Quality of Life among Yoga Practitioner from Pune City”
22.	Smt. Shah Reshma Dilip	Dr. Suman Pandey	2021	“Effect of Six Weeks of Asana Practices on Flexibility of Corporate Employees”
23.	Smt. Sharma Pooja	Dr. Vishnu Pethkar	2021	“Effect of Greeva Sanchalan of Cervical Spine Health among it Professionals”
24.	Ms. Takeuchi Soko	Dr. Vishnu Pethkar	2021	“Use of Yoga Practices and Aspects of Health among Working Women from the Greater Tokyo Area”
25.	Mr. Jain Pawankumar Rikhabhchand	Dr. Abhijit Kadam	2021	“Effect of Bhastrika Pranayam on Lungs Capacity of Adults”