



Savitribai Phule Pune University
(formerly University of Pune)
Department of Sports & Physical Education



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

Academic Session 2022 Dissertation Completed Students List

Sr. No.	Name of the Student	Name of the Research Guide	Year	Research Topic
०१.	कु. झुडी कमला जगाराम	प्रा. (डॉ.) दिपक माने	२०२२	"सहा आठवड्यांच्या बहिरंग योग कार्यक्रमाचा महाविद्यालयीन विद्यार्थ्यांच्या स्व-संकल्पना या घटकांवर होणाऱ्या परिणामांचा अभ्यास."
०२.	श्री. कोटकर सागर नवनाथ	डॉ. दादासाहेब ढेंगळे	२०२२	"क्रिया योगाचा १८ ते २० वयोगटातील विद्यार्थ्यांच्या तणावावर होणारा परिणाम"
०३.	श्री. स्वामी विनोद बाळासाहेब	डॉ. दादासाहेब ढेंगळे	२०२२	"६ आठवडे सूर्यनमस्कार व ओंकार जू कार्यक्रमाचा विधी संघार्षित मुलांच्या मानसिक आरोग्य व व्यसनाधीनता यावर होणाऱ्या परिणामांचा अभ्यास"
०४.	कु. वाकचौरे मनिषा तुकाराम	डॉ. दादासाहेब ढेंगळे	२०२२	"योग प्रशिक्षण कार्यक्रमाचा कनिष्ठ महाविद्यालयीन विद्यार्थ्यांच्या निद्रानाशावर होणाऱ्या परिणामांचा अभ्यास"
05.	Ms. Awatade Trupti Ramesh	Dr. Abhijit Kadam	2022	"Effect of Sahaj Samadhi Medit Action on Smartphone Addiction among Young Adults"
06.	Ms. Bhosale Vaishnavi Mahesh	Dr. Abhijit Kadam	2022	"Effect of Hatha Yogic Practices on Muscular Strength of Housewives Age between 30 to 40 Years"
07.	Ms. Burge Geeta Sanjeev	Dr. Dadasaheb Dhengale	2022	"Comparative Study of Emotion Intelligence of Female Yoga Practitioners and Non-Yoga Practitioners"



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08.	Ms. Eklarkar Bhagyashri Sanjay	Prof. (Dr.) Deepak Mane	2022	"The Effect of Anulom Vilom Pranayama on Stress Among Male IT Professionals"
09.	Ms. Ingale Tejaswini Kunal	Dr. Suman Pandey Mahadevan	2022	"Effect Ashtanga Yoga Intervention Program on Quality of Life Among"
10.	Mr. Jindam Mahendra Subhash	Dr. Dadasaheb Dhengale	2022	"Effect of Iyengar Yoga Based Yoga Program on Frozen Shoulder Among IT Sector Working People Aged between 25 to 45 Years"
11.	Ms. Kardile Dhanashri Shriram	Dr. Abhijit Kadam	2022	"Effect of Hatha Yogic Practices in Improving the Quality of Life Among Adult Women Having Hypothyroidism"
12.	Ms. Kate Minal Suresh	Dr. Suman Pandey Mahadevan	2022	"Effect of 8 Week Yogic Asanas Program on Body Composition Of IT Professionals"
13.	Ms. Kokate Anjali Ramesh Rao	Dr. Abhijit Kadam	2022	"A Comparative Study of Anxiety Level Among Yoga Practitioners and Non-Yoga Practitioners Age between 30 to 45 Years"
14.	Ms. Kokate Samidha Jitesh	Dr. Vishnu Pethkar	2022	"Effect of Six Weeks Yogic Intervention Program on Migraine Pain Specific Quality of Life Among Women Migraine Sufferers"



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15.	Ms. Lengde Neha Nilesh	Dr. Vishnu Pethkar	2022	“Effect of Skand Sanchalan and Other Yogic Practices on Shoulder Pain and Stiffness Among Male IT Professionals”
16.	Ms. Lungare Kanchan Suhas	Prof. (Dr.) Deepak Mane	2022	“Effect of Hatha Yogic Practices of Well-Being on Women Aged between 30 to 45 Years”
17.	Ms. Nawale Vaishnavi Dhananjay	Dr. Vishnu Pethkar	2022	
18.	Ms. Ovhol Namrata Gorakh	Dr. Suman Pandey Mahadevan	2022	“Comparative Study of Premenstrual Syndrome (PMS) between Yoga Practitioner and Non-Yoga Practitioner Female Oo Pune”
19.	Ms. Paigude Varsha Priyatosh	Dr. Dadasaheb Dhengale	2022	
20.	Ms. Pawar Rohini Suhas	Dr. Abhijit Kadam	2022	“Effect of Hatha Yoga Program on Stress, Anxiety and Depression among Homemakers Age 35 to 45 from Pune”
21.	Ms. Pawar Rupali Ajit	Dr. Suman Pandey Mahadevan	2022	“Effect of Six Weeks Selected Yogic Practices on Lower Body Strength and Quality Oo Life of Housewives Aged between 35 to 45”



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22.	Ms. Poman Monika Maruti	Dr. Vishnu Pethkar	2022	"Effect of Practices on Mental Well-Being of Housewives Aged between 30 to 45 in Pune City"
23.	Ms. Raj Sonia Ramkumar	Dr. Suman Pandey Mahadevan	2022	"Effect of Six Weeks Yogic Intervention Anulom-Vilom Pranayama on Adults Asthma Patients of Pune"
24.	Ms. Sahamate Smita Sunil	Prof. (Dr.) Deepak Mane	2022	"Effect of 10 Weeks Hatha Yogic Practices on Perimenop Ausal Symptoms Among Housewives from Pune City"
25.	Ms. Sawant Mrunali Ashok	Dr. Suman Pandey Mahadevan	2022	"The Effect Bhramari Pranayama and Other Yogic Practices on Quality of Sleep among Male IT Professionals from Pune City"
26.	Ms. Shelar Ashvini Dattatray	Dr. Vishnu Pethkar	2022	"Effect of Nadi Shodhana Pranayama on Happiness Level of Homemaker Women Age between 35 - 45 Years"
27.	Ms. Shinde Dhanashri Somnath	Dr. Abhijit Kadam	2022	"Effect of Selected Yogic Practices on Anxiety Among College Going Girls Students"
28.	Mr. Vedpathak Shubham Bharat	Dr. Vishnu Pethkar	2022	"Effect of Six Weeks Greeva Sanchalan on Cervical Spine Health among Male IT Professionals"



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स्वातंत्र्याचा अमृत महोत्सव

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29.	Mr. Wani Atul Jayant	Dr. Abhijit Kadam	2022	“Effect of 6 Weeks Yogic Practices on the Short-Term Memory of Students Aged between 18 to 20 Years of Pune Region”
30.	Ms. Yede Shalinee	Dr. Suman Pandey Mahadevan	2022	“Effect of 6 Weeks Pranayama Intervention Program on Quality of Life of Patients with Hypertension”