



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



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

Academic Session 2023 Dissertation Completed Students List

Sr. No.	Name of the Student	Name of the Research Guide	Year	Research Topic
०१.	कु. आंबरे पूनम किसान	डॉ. विष्णु पेठकर	२०२३	“निवडक योग प्रशिक्षण कार्यक्रमाचा वसतिगृहात राहणाऱ्या २० ते २५ वयोगटातील मुलींच्या मानसिक चिंतेवर होणाऱ्या परिणामांचा अभ्यास”
०२.	कु. देशपांडे आशा हेमंत	डॉ. विष्णु पेठकर	२०२३	“सहा आठवडे सूर्यनमस्काराचा ३५ ते ४५ वयोगटातील संगणकीय क्षेत्रात काम करणाऱ्या महिलांच्या शारीरिक लवचिकतेवर होणारा परिणामांचा अभ्यास”
०३.	कु. गोडे वर्षा अरुण	डॉ. सुमन पांडे महादेवन	२०२३	“क्रियायोगाचा १८ ते २० वयोगटातील वसतिगृहातील मुलींच्या तणावावर होणारा परिणाम”
०४.	कु. पोटे विद्या प्रकाश	डॉ. अभिजित कदम	२०२३	“पुणे शहरातील योग अभ्यासकांच्या आंनदाच्या पातळीचा वर्णनात्मक अभ्यास”
०५.	श्री. सपकाळ स्वप्नील राजू	डॉ. अभिजित कदम	२०२३	पुणे शहरातील योग अभ्यासकांच्या मानसिक तणावाच्या पातळीचा वर्णनात्मक अभ्यास”
06.	Ms. Alat Swapnali Kumar	Dr. Abhijit Kadam	2023	“A Comparative Study of Self-Efficacy between Yoga Practitioners and Non-Yoga Practitioners Age Group between 22 to 23 Years from Pune City”
07.	Mr. Bhamre Chetan	Prof. (Dr.) Deepak Mane	2023	“A Study of Correlation between Flexibility and Low Back Pain among Yoga Practitioners from Pune City”
08.	Ms. Bhise Ashwini Nitin	Dr. Dadasaheb Dhengale	2023	“Effect of Selected Hatha Yogic Practices on Obesity among Housewives from Pune City”



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09.	Ms. Ghodke Namrata Avinash	Dr. Dadasaheb Dhengale	2023	“Comparative Study of Spiritual Wellbeing between Yoga Practitioners and Yoga Beginners”
10.	Ms. Jere Piyusha Hemant	Dr. Vishnu Pethkar	2023	“A Comparative Study of Mindfulness among Yoga Practitioners and Yoga Non-Practitioners from Pune”
11.	Ms. Joshi Pranoti Vinod	Dr. Abhijeet Kadam	2023	“A Comparative Study of Self-Compassion Level among Yoga Practitioners and Yoga Non-Practitioners”
12.	Ms. Manisha Sharma	Dr. Suman Pandey Mahadevan	2023	“Effect of 8 Weeks of Yoga Intervention on Social Isolation and Loneliness in Senior Citizens from Pune City”
13.	Ms. Misal Srushty Raju	Dr. Abhijit Kadam	2023	“Descriptive Study of Mindful Eating among Yoga Practitioners from Pune City”
14.	Ms. Pardeshi Kavita Praveenkumar	Dr. Dadasaheb Dhengale	2023	“The Study of Reasons of Practicing Yoga among Senior Citizens in Pune City”
15.	Ms. Patil Shweta Prakash	Prof. (Dr.) Deepak Mane	2023	“Effect of Mantra Chanting Program on Cognitive Ability and Sustained Attention among Intellectually Disabled Male Teenagers”



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Sr. No.	Name of the Student	Name of the Research Guide	Year	Research Topic
16.	Ms. Raut Samruddhi Sudhakar	Dr. Dadasaheb Dhengale	2023	"A Comparative Study of Self-Concept between Yoga Practitioners and Non-Yoga Practitioners of Age 21 to 35 in Pune City"
17.	Ms. Shinde Jyoti Pandurang	Dr. Dadasaheb Dhengale	2023	"A Comparative Study of Emotion Regulation and Self Esteem among Yoga Practitioners and Non-Yoga Practitioners"
18.	Ms. Varane Sadhana Ashok	Dr. Suman Pandey Mahadevan	2023	"Effect of Six-Week Hatha Yoga Program on Mental Well-Being of Senior Citizen"
19.	Ms. Hiba Haitham Almasri	Dr. Vishnu Pethkar	2023	"Study of Emotion Regulation of Female Yoga Practitioners in Syria"