

1. *An Online Survey on the Attitude and Effects of Home Gardening on Health and Well-being.*
Smrithi.V (Guide:Dr.DC.Mathangi)
2. *Immediate Effect of Sama Vritti Pranayama (Box Breathing) Along With Hakini Mudra on Reaction Time, Mental Speed and Sustained Attention Among Healthy Female Young Adults*
Aparnaa.C.S (Guide: Dr.DC.Mathangi)
3. *Identifying the Factors Affecting Adherence to Home Exercise Program (HEP) in Clients With Chronic Musculoskeletal Pain*
Sowmya .J.Vaikar (Prof.Narasimman Swaminathan and Dr.DC.Mathangi)
4. *Effect of Trataka Kriya on Vital Parameters and Heart Rate Variability Among College Students.*
Srileka.D (Guide: Dr.DC.Mathangi)
5. *Immediate effect of pranayama on burnout and divided attention among ambulance drivers.*
Dharani.k (Guide: Dr.DC.Mathangi)
6. *Effectiveness of Zentangle Method and 528 Hz Solfeggio Frequency Music on Stress and Quality of Life Among Breast Cancer Patients.*
Prathiba.S (Guide: Dr.DC.Mathangi and Dr.Jovita M.Martin Daniel)
7. *A Comparative Study of Occupational Stress Among Teachers of Learners in General Education and Special Education*
Rashmi .S (Guide: Dr.DC.Mathangi)
8. *Correlation Between Physical Activity and Non-exercise Activity Thermogenesis Among Menopausal Women.*
Agalya.S (Guide: Dr.DC.Mathangi)
9. *To Observe the Effects of Mindful and Binge Eating Habits on Weight and Body Composition Among Late Adolescents and Adults*
Manshi Sharma (Guide: Dr.DC.Mathangi)
10. *Effectiveness of Zentangle Method as a Destress for Caregivers Among Cancer Patients.* Vedhapriya.N. (Guide: Dr.DC.Mathangi)

PhD scholars

Ongoing

1. *A Longitudinal Study on the Impact of Simplified Kundalini Yoga Practices in Holistic Well-being*
Haritha Dhanasekar (Guide: Dr. D.C. Mathangi, Co- Guide: Dr. Solomon FD Paul, Dept. of Human Genetics, SRIHER & RAC member: Dr. Kaviraj Udupa, Dept. of Neurophysiology, NIMHANS)
2. *Exploring the effectiveness of CBT, VRET and Art therapy for overcoming the effects of game addiction among adolescents*
Smrithi L)Guide: Dr.D.C.Mathangi)

