

MDNIY's Publications

Priced Publications

S. No.	Title
1	Yogic Management of Arthritis
2	Yogic Management of Cardio-Vascular Diseases
3	Yogic Management of Diabetes Mellitus
4	Yogic Management of Psychiatric Disorders
5	Yogic Management of Back and Neck Pain
6	Yogic Management of Obesity
7	Yogic Management of Respiratory Disorders
8	Yoga for Common Disorders
9	Yogic Management of Geriatric Disorders
10	How to manage Stress through Yoga
11	Yogic Management of Neurological Disorders
12	Yogic Management of Gynecological Disorders
13	योगिक सूक्ष्म एवं स्थूल व्यायाम
14	प्राणायाम (पर लघु आलेख)
15	योगासनों (पर लघु आलेख)
16	षट्कर्म (पर लघु आलेख)
17	A monograph on Yogasana
18	A monograph on Pranayama
19	A monograph on Sat- Karma
20	Yoga in School, Heath Yoga Teacher's Manual for School Teachers, A Yoga Teacher Training Manual
21	Patanjali Yogasutra – Ek Adhyayan (Hindi)
22	Hatth Yog ke Aadhar Avam Proyog
23	Yoga Darshana
24	Ayurveda Parichay (Vidhyarthiyonkeliye) (Hindi)
25	Patanjala Yoga Sutra Paricaya
26	Bi-Monthly Lecture Series
27	Yoga Vijnana (A Quarterly Magazine)
28	Yoga for Wellness by The Yoga Institute, Santacruz, Mumbai
29	Yoga for Wellness by Kaivalyadhama, Lonavla, Pune
30	Yoga for Wellness by Ramamani Iyengar Memorial Yoga Institute, Pune
31	Yoga for Wellness by Krishnamacharya Yoga Mandiram, Chennai
32	Yoga for Wellness by Isha Yoga Foundation, Coimbatore
33	Yoga for Wellness by International Centre for Yoga Education and Research (ICYER), Puducherry
34	Yoga for Wellness by Swami Rama Sadhak Gram, Rishikesh
35	Yoga for Holistic Personality Development by Ramamani Iyengar Memorial Yoga

	Institute, Pune
36	Yoga for Holistic Personality Development by The Yoga Institute, Santacruz (East), Mumbai
37	Yoga for Holistic Personality Development by Kaivalyadhama S.M.Y.M. Samiti, Lonavala, Pune
38	Yoga for Holistic Personality Development by SVYAM University, Bangalore
39	A Yogic approach to Holistic Personality Development By Yoganjali Natyalayam, Puduchery
40	Understanding and Development of our Personality by Prof.C.G.Deshpade, Pune

IEC Material (H&E)

S. No.	Title
1	Yogasana
2	Pranayama
3	Dhyana
4	Arthritis
5	Coronary Artery Disease
6	Low Back Pain
7	Asthma
8	Cervical Spondylosis
9	Parkinson
10	Anxiety
11	Stroke
12	Epilepsy
13	Depression
14	Alcohol Dependence
15	Obesity
16	Diabetes
17	Migraine
18	IBS
19	Hypertension
20	Sinusitis