



Vikram Sarabhai Library

Read Experience And Discover

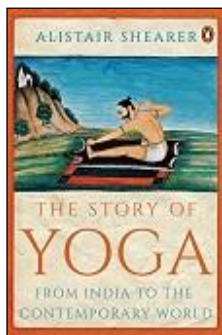
11TH INTERNATIONAL YOGA DAY

“Yoga for One Earth, One Health”

21 JUNE, 2025



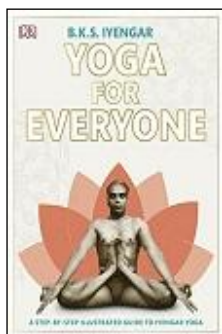
- 1 The story of yoga: from ancient India to the modern West by Alistair Shearer. Penguin Random House India: Gurgaon, 2020.



181.45 S4S8 (201570)

Place Hold

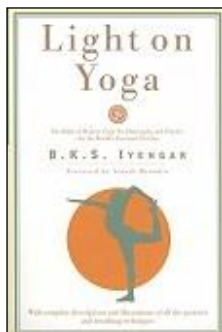
- 2 Yoga for everyone: a step-by-step illustrated guide to Iyengar yoga (Yoga: the path to holistic health) by B. K. S. Iyengar. Dorling Kindersley: New Delhi, 2018.



613.7046 I9Y6 (201485)

Place Hold

- 3 Light on yoga: the bible of modern yoga-its philosophy and practice-by the worlds' foremost teacher by B. K. S. Iyengar. Schocken: New York, 1966.



613.7046 I9L4 (200542)

Place Hold

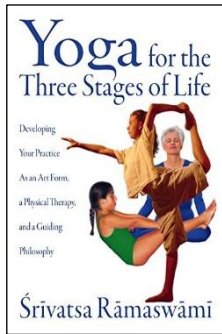
- 4 Yog darshan evam swasthay by Radheshyam Sharma. Shivank Prakashan: New Delhi, 2017.



H 181.45 S4Y6 (198438)

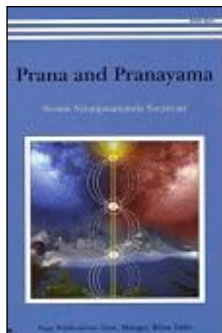
Place Hold

- 5 Yoga for the Three Stages of Life: Developing your practice as an art form, a physical therapy, and a guiding philosophy by Ramaswami, Srivatsa. Rochester Inner Traditions 2000.
613.7046 (181958)



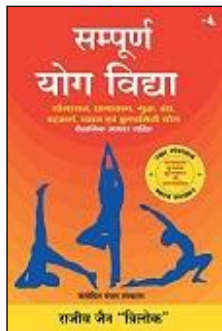
Place Hold

- 6 Prana and Pranayama by Swami Niranjanananda Saraswati. Bihar School of Yoga Publications Trust: Munger, 2009.
613.7046 S2P7 (188071)



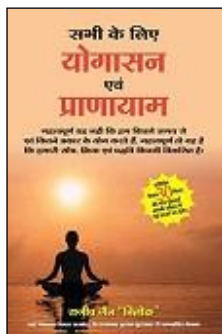
Place Hold

- 7 Sampurn yog vidhya by Rajeev Jain. Manjul Publishing House: Bhopal, 2017.
H 181.45 J2S2 (194905)



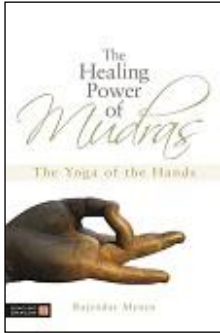
Place Hold

- 8 Sabhi ke liye yogasan evam pranayam by Rajeev Jain. Manjul Publishing House: Bhopal, 2012.
H 181.45 J2S2 (194904)



Place Hold

- 9 The healing power of mudras: the yoga of the hands by Rajendar Menen. Singing Dragon: London, 2010.
613.7046 M3H3 (189917)



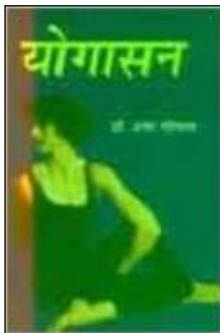
Place Hold

- 10 More lights on yoga by Aurobindo. Sri Aurobindo Ashram: Pondicherry, 1993.
181.4 A8M6 (161253)



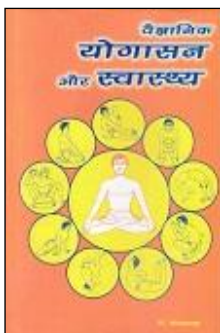
Place Hold

- 11 Yogasan by Usha Gopal. Sports Publications: New Delhi, 2008.
H 181.45 G6Y6 (167558)



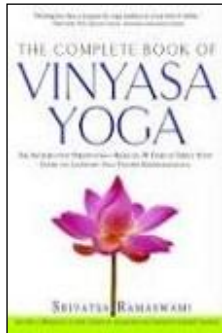
Place Hold

- 12 Vaigyanik yogasana aur swasthya by Satya Pal. Kitab Ghar: New Delhi, 2006.
H 181.45 P2V4 (167852)



Place Hold

13

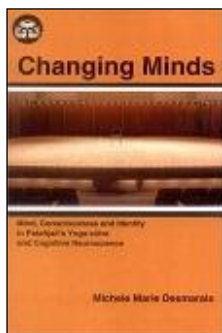


The complete book of vinyasa yoga: an authoritative presentation, based on 30 years of direct study under the legendary yoga teacher Krishnamacharya by Srivatsa Ramaswami. Da Capo Press: Boston, 2005.

613.7046 R2C6 (181959)

Place Hold

14



Changing minds: mind, consciousness, and identity in Patanjali's Yoga - sutra and cognitive neuroscience by Michele Marie Desmarais. Motilal Banarsidass Publishers: Delhi , 2008.

181.452 D3C4 (181944)

Place Hold

15



Consciousness, Indian psychology, and yoga. Centre for Studies in Civilizations: New Delhi, 2012.

153 C6 (181744)

Place Hold

16

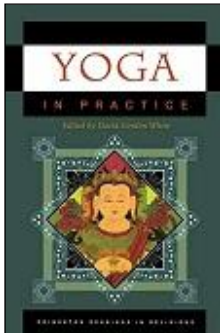


Patanjali yogasutran. Sahitya Sansthan: Ghaziabad, 2010.

H 151.45 L3P2 (175960)

Place Hold

17

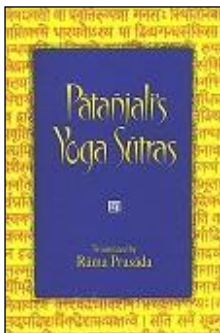


Yoga: in practice by David Gordon White. Princeton University Press: New Jersey, 2012.

181.45 Y6 (174821)

Place Hold

18

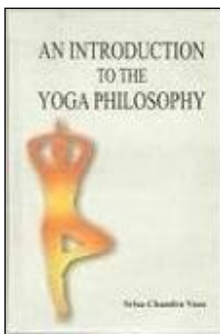


The Patanjali's yoga sutras by Rama Prasada. Divine Books: Delhi, 2011.

181.45 R2P2 (174101)

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19

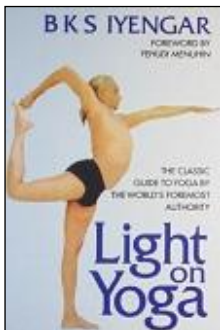


An introduction to the yoga philosophy by Srisa Chandra Vasu. Divine Books: Delhi, 2011.

181.45 S7I6 (174100)

Place Hold

20



Light on Yoga: the classic guide to yoga by the world's foremost authority by B.K.S. Iyengar. Harpar Collins Publishers: New Delhi, 1968.

613.7046 I9L4 (172060)

Place Hold