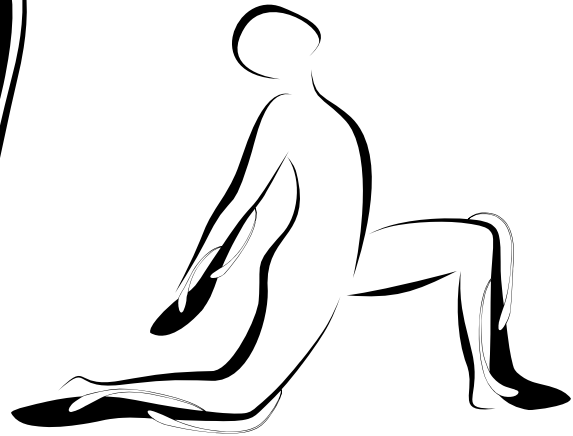
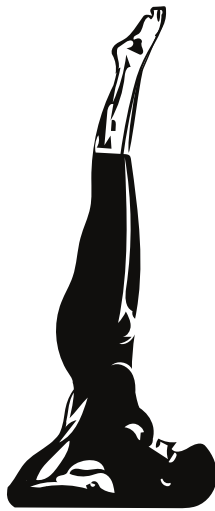


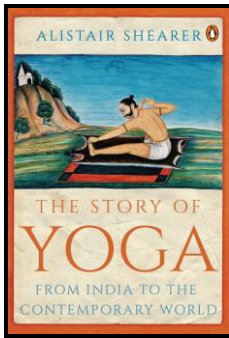
**Thematic Book Display on
International Day of Yoga
21st June 2022**



Vikram Sarabhai Library

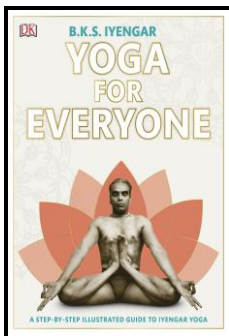
Read Experience And Discover

- 1 The story of yoga: from ancient India to the modern West by Alistair Shearer.
Gurgaon: Penguin Random House India, 2020.
181.45 S4S8 (201570) *



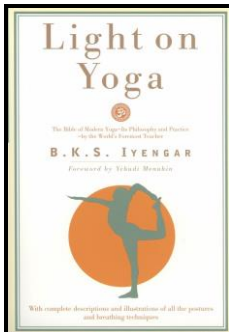
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- 2 Yoga for everyone: a step-by-step illustrated guide to Iyengar yoga (Yoga: the path to holistic health) by B. K. S. Iyengar.
New Delhi: Dorling Kindersley, 2018.
613.7046 I9Y6 (201485) **



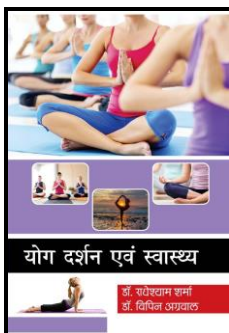
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- 3 Light on Yoga: The Bible of Modern Yoga—its Philosophy and Practice—by the World's Foremost Teacher by B. K. S. Iyengar.
New York: Schocken, 1966.
613.7046 I9L4 (200542)

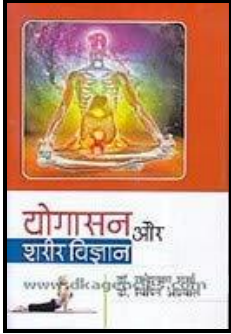
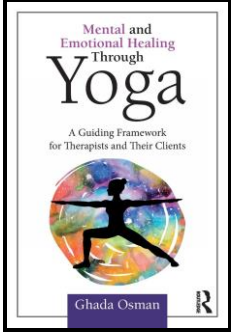
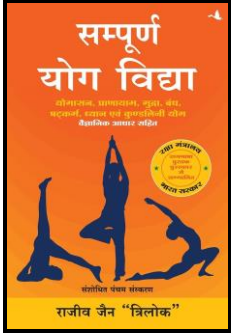
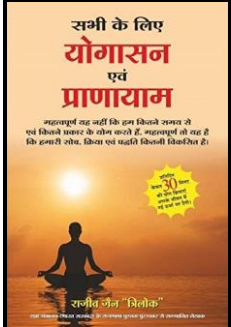


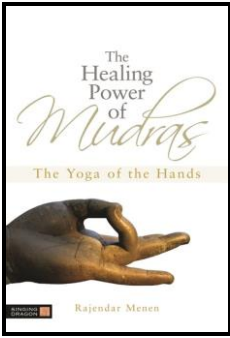
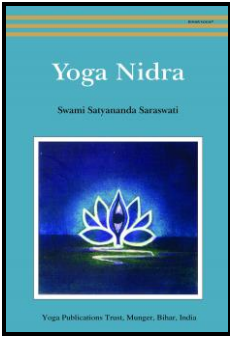
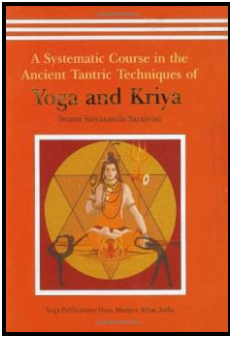
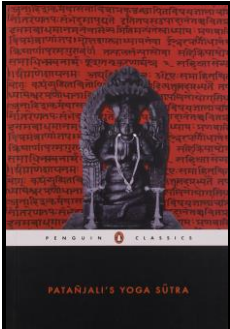
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- 4 Yog darshan avam swasthay by Radheyshyam Sharma.
New Delhi: Shivank Prakashan, 2017.
H 181.45 S4Y6 (198438)

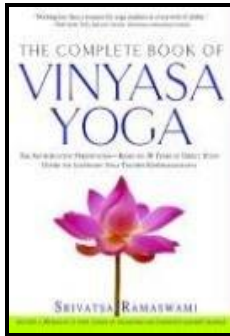


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- 5  Yogasan aur sharir vigyan by Radhesyama Sarma.
New Delhi: Shivank Prakashan, 2019.
H 611 S2Y6 (198421)
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- 6  Mental and Emotional Healing Through Yoga
A Guiding Framework for Therapists and Their Clients
Ghada Osman
Routledge
Mental and emotional healing through yoga: a guiding framework for therapists and their clients by Ghada Osman.
New York: Routledge, 2019.
616.8916 O8M3 (198086)
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- 7  सम्पूर्ण योग विद्या
योगसना, प्राणायाम, मुद्रा, ध्यान, चक्रवर्त, सामान्य आरोग्यविधि और शारीरिक-आयुर्वेद
राजीव जैन
मनोविद्या प्रकाश संस्थान
राजीव जैन "त्रिलोक"
Sampoorn yog vidhya by Rajeev Jain.
Bhopal: Manjul Publishing House, 2017.
H 181.45 J2S2 (194905)
[Place hold](#)
- 8  सभी के लिए योगसन एवं प्राणायाम
सामान्यतः सब लोगों के इस किताब से लगान से सब किताबें बनाने के योग्य बनती हैं, सामान्यतः से सब हैं कि इससे योग, किताब से सब किताबें बनती हैं।
राजीव जैन "त्रिलोक"
Sabhi ke liye yogasan avam pranayam by Rajeev Jain.
Bhopal: Manjul Publishing House, 2012.
H 181.45 J2S2 (194904)
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- 9  The healing power of mudras: the yoga of the hands by Rajendar Menen.
London: Singing Dragon, 2010.
613.7046 M3H3 (189917)
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- 10  Yoga nidra by Swami Satyananda Saraswati.
Munger: Yoga Publications Trust, 1998.
181.45 S2Y6-1998 (188105)
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- 11  A systematic course in the ancient tantric techniques of Yoga and Kriya by Swami Satyananda Saraswati.
New Delhi: Yoga Publications Trust, 2013.
294.543 S2S9 (187506)
[Place hold](#)
- 12  Patanjali's yoga sutra by Shyam Ranganathan (Translator).
New Delhi: Penguin, 2008.
181.452 P2 (182539)
[Place hold](#)

13



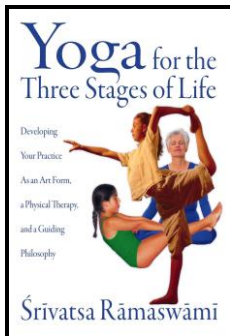
The complete book of vinyasa yoga: an authoritative presentation, based on 30 years of direct study under the legendary yoga teacher Krishnamacharya by Srivatsa Ramaswami.

Boston: Da Capo Press, 2005.

613.7046 R2C6 (181959)

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14



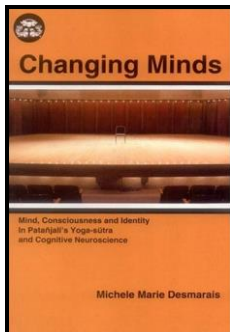
Yoga for the three stages of life: developing your practice as an art form, a physical therapy, and a guiding philosophy by Srivatsa Ramaswami.

Rochester: Inner Traditions, 2000.

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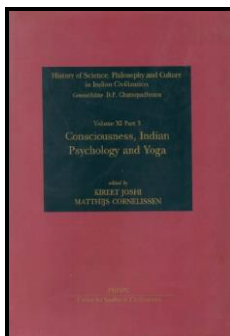
Changing minds: mind, consciousness, and identity in Patanjali's Yoga - sutra and cognitive neuroscience by Michele Marie Desmarais.

Delhi : Motilal Banarsidass Publishers, 2008.

181.452 D3C4 (181944)

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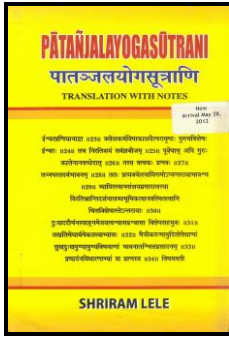
Consciousness, Indian psychology, and yoga by Kireet Joshi (Editor) .

New Delhi: Centre for Studies in Civilizations, 2012.

153 C6 (181744)

[Place hold](#)

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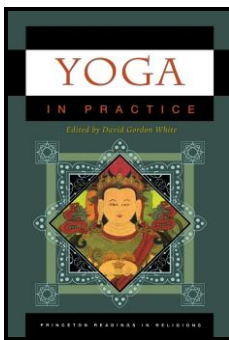
Patanjali yogasutrani by Shriram Lele (Translator).

Ghaziabad: Sahitya Sansthan, 2010.

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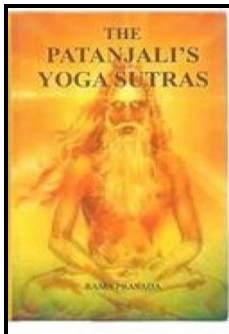
Yoga: in practice by David Gordon White.

New Jersey: Princeton University Press, 2012.

181.45 Y6 (174821)

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19



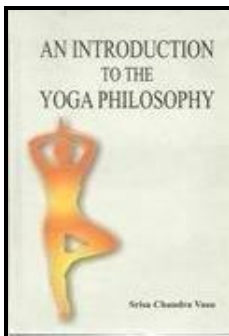
The Patanjali's yoga sutras by Rama Prasada.

Delhi: Divine Books, 2011.

181.45 R2P2 (174101)

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20

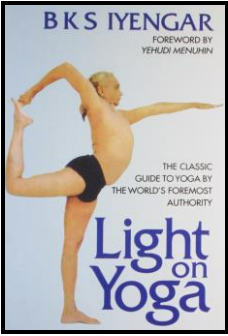


An introduction to the yoga philosophy by Srisa Chandra Vasu.

Delhi: Divine Books, 2011.

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- 21  Light on Yoga: the classic guide to yoga by the world's foremost authority by B.K.S. Iyengar.

New Delhi: Harpar Collins Publishers, 1968.

613.7046 I9L4 (172060)

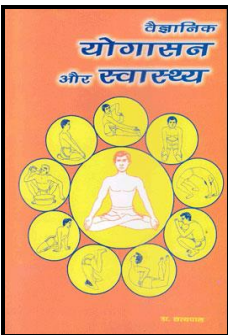
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- 22  Patanjali yogadarshan by Ramchandra Varma Shashtri.

New Delhi: Kiran Prakashan, 2007.

H 181.45 P2 (167853)

[Place hold](#)

- 23  Viagyanik yogasana aur swasthya by Satya Pal.

New Delhi: Kitab Ghar, 2006.

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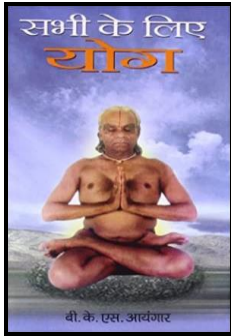
- 24  Yogasan by Usha Gopal.

New Delhi: Sports Publications, 2008.

H 181.45 G6Y6 (167558)

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25



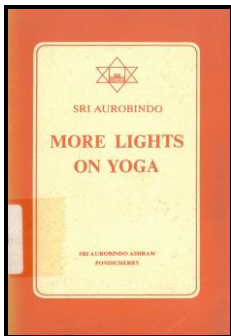
Sabhi ke liye yoga by B.K.S. Iyengar.

New Delhi: Prabhat Prakashan, 2008.

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26



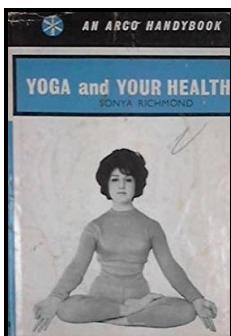
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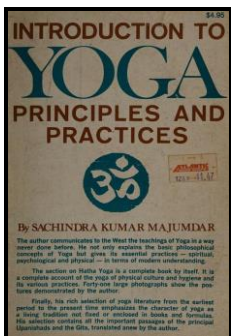
Yoga and your health by Sonya Richmond.

London, etc.: Arco Mayflower Handbook, 1962.

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28



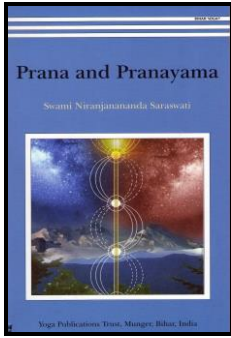
Introduction to yoga: principles and practices by Sachindra Kumar Majumdar.

New Hyde Park: University Books, 1964.

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Prana and Pranayama by Swami Niranjanananda Saraswati.

Munger: Bihar School of Yoga Publications Trust, 2009.

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Note:

- * Issued to Faculty
- ** Issued to Ph.D.
- *** Issued to Student