

YOGA AND MINDFULNESS



विद्याविनियोगाद्विकासः

Vikram Sarabhai Library

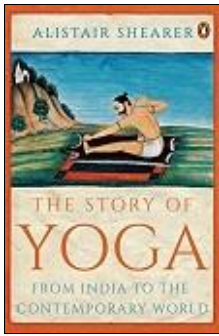
Read Experience And Discover



Scan to get the
list of books

[f](#) [t](#) [in](#) /VSLIIMA [i](#) /VSL_IIMA [v](#) /@VSLIIMA

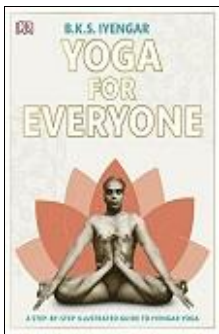
- 1 The story of yoga: from ancient India to the modern West by Alistair Shearer. Penguin Random House India: Gurgaon, 2020.



181.45 S4S8 (201570)

[Place Hold](#)

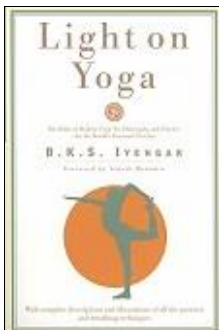
- 2 Yoga for everyone: a step-by-step illustrated guide to Iyengar yoga (Yoga: the path to holistic health) by B. K. S. Iyengar. Dorling Kindersley: New Delhi, 2018.



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](#)

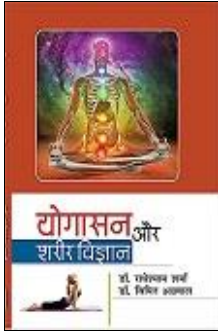
- 4 Yog darshan evam swasthay by Radheshyam Sharma. Shivank Prakashan: New Delhi, 2017.



H 181.45 S4Y6 (198438)

[Place Hold](#)

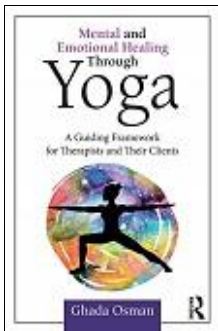
- 5 Yogasan aur sharir vigyan by Radheshyam Sharma. Shivank Prakashan: New Delhi, 2019.



H 611 S2Y6 (198421)

[Place Hold](#)

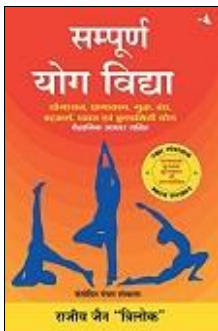
- 6 Mental and emotional healing through yoga: a guiding framework for therapists and their clients by Ghada Osman. Routledge: New York, 2019.



616.8916 O8M3 (198086)

[Place Hold](#)

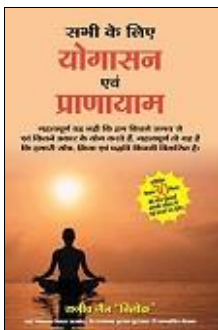
- 7 Sampurn yog vidhya by Rajeev Jain. Manjul Publishing House: Bhopal, 2017.



H 181.45 J2S2 (194905)

[Place Hold](#)

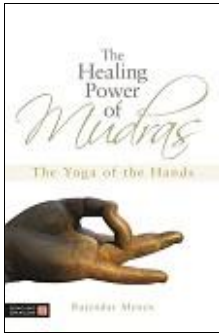
- 8 Sabhi ke liye yogasan evam pranayam by Rajeev Jain. Manjul Publishing House: Bhopal, 2012.



H 181.45 J2S2 (194904)

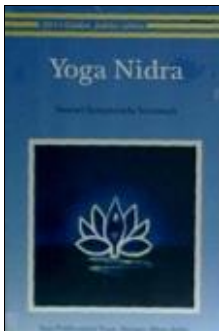
[Place Hold](#)

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



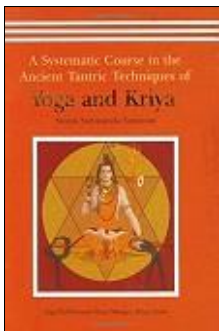
[Place Hold](#)

- 10 Yoga nidra by Swami Satyananda Saraswati. Yoga Publications Trust: Munger, 1998.
181.45 S2Y6-1998 (188105)



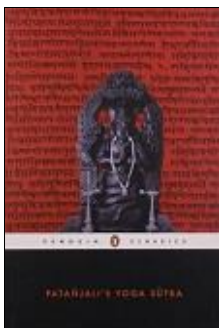
[Place Hold](#)

- 11 A systematic course in the ancient tantric techniques of Yoga and Kriya by Swami Satyananda Saraswati. Yoga Publications Trust: New Delhi, 2013.
294.543 S2S9 (187506)



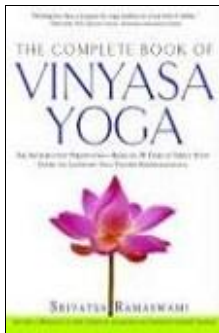
[Place Hold](#)

- 12 Patanjali's yoga sutra. Penguin: New Delhi, 2008.
181.452 P2 (182539)



[Place Hold](#)

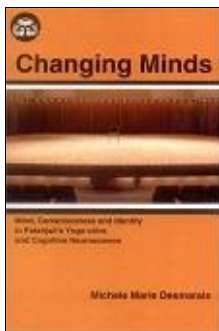
13



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. 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](#)

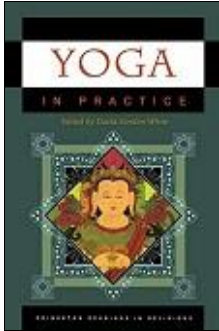
16



Patanjali yogasutran. Sahitya Sansthan: Ghaziabad, 2010. H 151.45 L3P2 (175960)

[Place Hold](#)

17

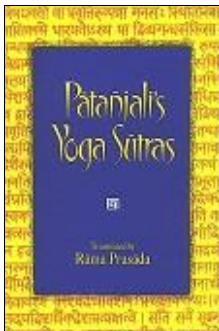


Yoga: in practice by David Gordon White. Princeton University Press: New Jersey, 2012.

181.45 Y6 (174821)

[Place Hold](#)

18

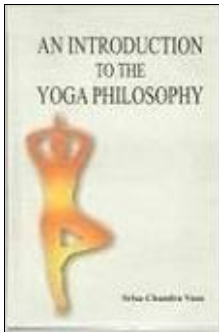


The Patanjali's yoga sutras by Rama Prasada. Divine Books: Delhi, 2011.

181.45 R2P2 (174101)

[Place Hold](#)

19

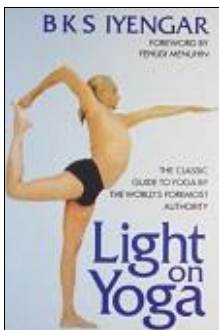


An introduction to the yoga philosophy by Srisa Chandra Vasu. Divine Books: Delhi, 2011.

181.45 S716 (174100)

[Place Hold](#)

20

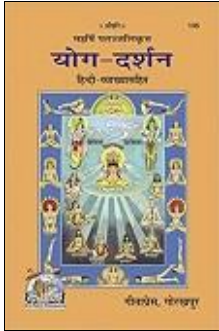


Light on Yoga: the classic guide to yoga by the world's foremost authority by B.K.S. Iyengar. Harper Collins Publishers: New Delhi, 1968.

613.7046 I9L4 (172060)

[Place Hold](#)

21

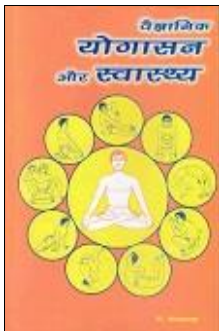


Patanjal yogadarshan by Patanjali. Kiran Prakashan: New Delhi, 2007.

H 181.45 P2 (167853)

[Place Hold](#)

22

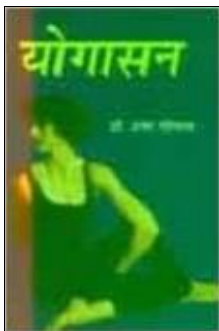


Vaigyanik yogasana aur swasthya by Satya Pal. Kitab Ghar: New Delhi, 2006.

H 181.45 P2V4 (167852)

[Place Hold](#)

23



Yogasan by Usha Gopal. Sports Publications: New Delhi, 2008.

H 181.45 G6Y6 (167558)

[Place Hold](#)

24

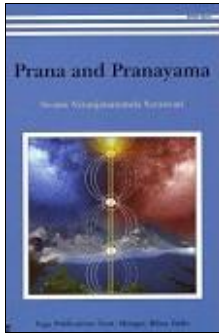


More lights on yoga by Aurobindo. Sri Aurobindo Ashram: Pondicherry, 1993.

181.4 A8M6 (161253)

[Place Hold](#)

25

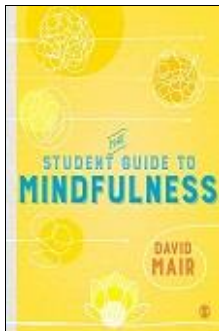


Prana and Pranayama by Swami Niranjanananda Saraswati. Bihar School of Yoga Publications Trust: Munger, 2009.

613.7046 S2P7 (188071)

[Place Hold](#)

26

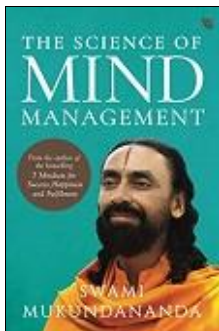


The student guide to mindfulness by David Mair. Sage Publications: London, 2019.

378.19713 M2S8 (203672)

[Place Hold](#)

27

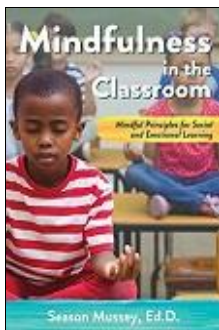


The science of mind management by Swami Mukundananda. Westland Publications: Chennai, 2020.

204 M8S2 (203161)

[Place Hold](#)

28

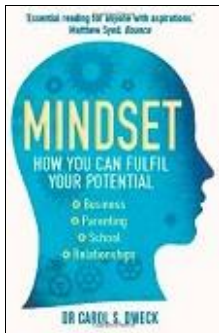


Mindfulness in the classroom: mindful principles for social and emotional learning by Season Mussey. Routledge: New York, 2019.

370.1534 M8M4 (205487)

[Place Hold](#)

29

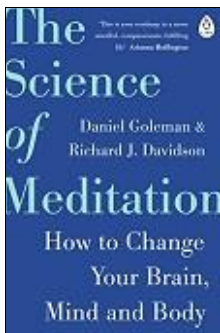


Mindset: changing the way you think to fulfil your potential by Carol S. Dweck. Penguin Random House: New York, 2017.

153.8 D9M4-2017 (205586)

[Place Hold](#)

30

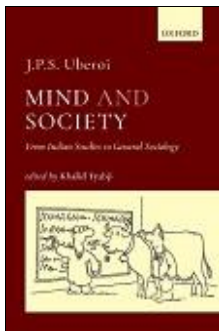


The science of meditation: how to change your brain, mind and body by Daniel Goleman. Penguin Life: UK, 2017.

158.12 G6S2 (201507)

[Place Hold](#)

31

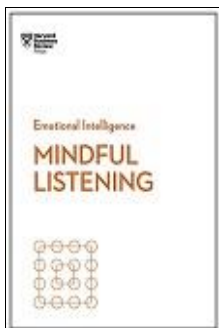


Mind and society: from Indian studies to general sociology by J. P. S. Uberoi. Oxford University Press: New Delhi, 2019.

301.0954 U2M4 (200971)

[Place Hold](#)

32

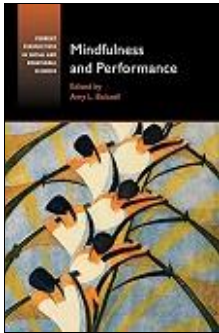


Mindful listening. Harvard Business Review Press: Boston, 2019.

153.6 H2M4 (199683)

[Place Hold](#)

33

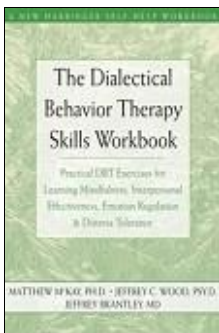


Mindfulness and performance. Cambridge University Press: New York, 2016.

158.1 M4 (198549)

[Place Hold](#)

34

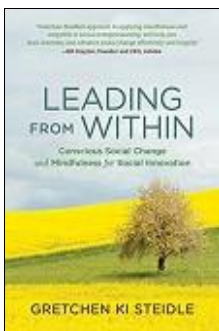


The dialectical behavior therapy skills workbook: practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance by Matthew McKay. New Harbinger Publications: California, 2007.

616.89142 M2D4 (197536)

[Place Hold](#)

35

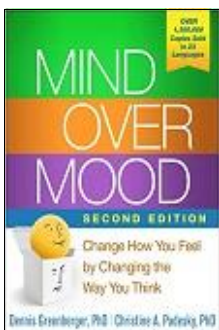


Leading from within: conscious social change and mindfulness for social innovation by Gretchen Ki Steidle. MIT Press: London, 2017.

303.4 S8L3 (197081)

[Place Hold](#)

36

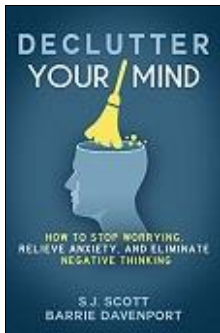


Mind over mood: change how you feel by changing the way you think by Dennis Greenberger. The Guilford Press: New York, 2016.

616.89142 G7M4 (196824)

[Place Hold](#)

37

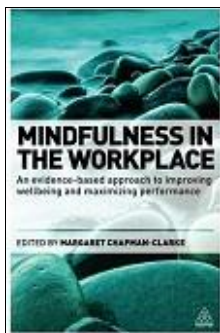


Declutter your mind: how to stop worrying, relieve anxiety, and eliminate negative thinking by Barrie Davenport. Oldtown Publishing LLC: New York, 2016.

155.9042 D2D3 (195919)

[Place Hold](#)

38



Mindfulness in the workplace: an evidence-based approach to improving wellbeing and maximizing performance. Kogan Page: Philadelphia, 2016.

658.314 M4 (195066)

[Place Hold](#)

39



Mann ki shanti ke sutra by Gyalwa Dokhampa. Manjul Publishing House: Bhopal, 2010.

H 154.5 D6M2 (191584)

[Place Hold](#)

40

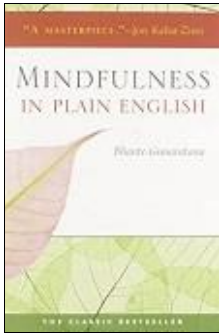


Aapke avchetan mann ki shakti se aage (The power of your subconscious mind) by C. James Jensen. Manjul Publishing House: Bhopal, 2012.

H 154.2 J3A2 (191572)

[Place Hold](#)

41

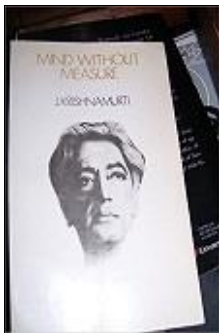


Mindfulness in plain English by Bhante Henepola Gunaratana. Wisdom Publication: USA, 2011.

294.34435 G8M4 (190366)

[Place Hold](#)

42

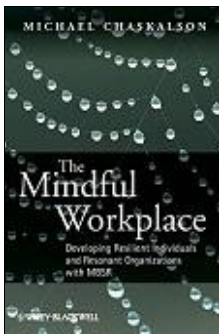


Mind without measure: talks in India, 1982-83 by J. Krishnamurti. Krishnamurti Foundation India: Chennai, 2005.

181.4 K7M4 (181985)

[Place Hold](#)

43



The mindful workplace: developing resilient individuals and resonant organizations with MBSR by Michael Chaskalson. Wiley-Blackwell: West Sussex, 2011.

615.852 C4M4 (175300)

[Place Hold](#)