

VEMANA YOGA RESEARCH INSTITUTE

The Vemana Yoga Research Institute was started in 1978 to promote training, treatment and Research in Yoga. The Institute undertakes training of General Public in Yoga and has also been carrying on research in various therapeutic uses of Yoga. An average 200 men and 200 women practice Yoga in this centre every day. The Institute had contributed (25) Scientific Research papers on Yoga and allied sciences in National / International journals, so far. The following are the list of Research papers and Journals in which they are published:

Sl.No.	Title	Journal / Book	Year
1.	Biochemical Parameters In Normal Volunteers Before And After Yogic Practices	Indian Journal of Medical Research	19982
2.	Effect Of Yoga On Ventilatory Functions In Normal Healthy / Volunteers	Lung India	1983
3.	Effect of Pranayama (Rechaka Puraka and Kumbaka) on Bronchial Asthma an OPEN study	Do	1984
4.	The Effect of Yoga in Diabetes	Diabetes mellitus in developing countries	1983
5.	Effect of Yogic Exercises on Lean Body Mass	Journal for Association of Physicians of India	1985
6.	Immediate Effects of Pranayam in Airways Obstruction	Lund India	1985
7.	Yoga and Diabetes	Journal for Association of Physicians of India	1986
8.	The Effect of Yoga and Lipoprotein Profile in Diabetics	Journal of Diabetic Association of India	1986
9.	Glucose and Insulin Levels in Obese Non diabetics	Journal for Association of Physicians of India	1986
10.	Effect of Yoga on Exercise Tolerance in Normal Healthy Volunteers	Indian Journal of Physiology and Pharmacology	1986
11.	Oxygen Consumption in Sportsmen of Different Events	Lung India	1986
12.	Oxygen Consumption In Indian National Level Sportsmen	Nis Scientific Journal	1989
13.	Ventilatory Functions of Indian Sportswomen	Nis Scientific Journal	1986
14.	Oxygen Consumption in	Lung India	1988

	Obese individuals		
15.	Effect Of Yogic Practices In Non Specific Low Back Pain	Clinical Proceedings of NIMS	1989
16.	Comparison of effects of Yoga & Physical Exercise in Athletes	Indian Journal of Medical Research	1994
17.	Influence of Intensive Yoga Training on Physiological Changes in 6 Adult Women: A Case Report	The Journal of Alternative and Complementary Medicine, USA	1997
18.	Effect of Yoga Training on Respiratory functions in Athlets / Coaches	The Journal of Rehabilitation (Medicine) in Asia	1997
19.	Energy Cost And Physiological Efficiency in Male Yoga Practitioners	Journal of Exercise Physiology Online, USA	2001
20.	Study on Lung Function Tests and Prediction Equations in Indian Male Children	Indian Pediatrics	2003
21.	Effect of yoga on Weight and Fat Fold Thickness in Obese Woman	Yoga Mimamsa	2004
22.	Effect of Pranayama and Yoga on Bone Metabolism in Normal Healthy Volunteers	Journal of Exercise Physiology Online, USA	
23.	Pulmonary Function Tests in Indian Girls	Indian Journal of Pediatrics	2004
24.	Influence of socio economic status on lung functions and prediction Equation in Indian Children.	Pediatric Pulmonology, USA	2005
25.	Impact of Pranayama & Yoga on Lipid Profile in Normal volunteers	Volume of Exercise Physiology	Feb-2005

A minimum course of Yogic practice may be taught to every person, not only to maintain one's normal health and drugless therapy but also to prevent chronic diseases like Asthma, Hypertension, Diabetes, Hyperacidity, Backache, Spondylosis etc. Training is given by experienced and qualified Yoga teachers of this Institute under the observation of medical experts to suit the needs of every man and woman, Young and old. The Yoga classes daily starts from 5.30 AM to 11.00 AM and 4.00 PM. to 7.00 P.M. and Medical Section time from 8.00 AM to 2.30 PM. Every year free summer yoga camps are conducting for the school children at this institution.

Admission and Registration fee Rs.250/-

Renewal fee per month Rs.50/-

For details :- Tel.No.040-23731787

Mobile Director, VYRI – 9490793568

Email ID: vemana.yogaresearch@gmail.com

PRANAYAMA RESEARCH CENTRE

The Pranayama Research Centre established in 1990. Presently, the Centre is located and functioning at Market Street, Secunderabad. The Centre is providing training facilities in Pranayama and Yoga to the public. An average 100 men and 100 women practice Pranayama and Yoga in the Institute every day. Physiotherapy and Bio-Medical equipment has been procured recently. In the laboratory of Pranayama Research Centre, tests, investigations and medical counseling are conducted by the Bio-Chemist, and Medical Officers. Specialty of the Pranayama Research Centre is Nadipariksha (pulse reading) and teaching in Gurukula System. This Centre is giving good treatment to the General Public and VIPs.