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ISSN 2278 – 5159



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**An Interdisciplinary Journal dedicated to Scientific and  
Literary Research in Yogic Science & Allied Subjects**

**Chief Editor  
Dr Kamakhya Kumar**

**Indian Association of Yoga  
New Delhi**

# **International Journal of Yoga and Allied Sciences**

**An Interdisciplinary Journal dedicated to Scientific and Literary  
Research in Yogic Science & Allied Subjects**

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## **Editor's Note**

Oh God! Thou art the Giver of Life,  
Remover of pain and sorrow,  
The Bestower of happiness,  
Oh! Creator of the Universe,  
May we receive thy supreme sin-destroying light,  
May Thou guide our intellect in the right direction.

Hari Om!

Thanks to the almighty, who is the creator, protector and successor of every visible and invisible. Who is behind the every possibility, which is behind our every action and reaction. I am delighted to bring the next issue of IJOYAS, an Interdisciplinary Journal dedicated to Scientific and Literary Research in Yogic Science & Allied Subjects. IJOYAS provides a really exciting opportunity to consider the truly interdisciplinary nature of Yoga and its studies going on worldwide.

The objective of IJOYAS is to publish up-to-date, high-quality and original research papers alongside relevant and insightful reviews. It includes technical and professional aspects of Yoga and allied disciplines like Philosophy, Spirituality, Psychology, Human Consciousness, Medical, Paramedical sciences, Health sciences, Therapy, Education, Physical education, exercise and sports sciences, biomechanics, Literary /textual studies, Physiology, Biochemistry etc.

My sincere thanks to all the contributors of this issue. Needless to say, any papers that you wish to submit, either individually or collaboratively, are much appreciated and will make a substantial contribution to the early development and success of the journal.

Best wishes and thank you in advance for your contribution to the Journal. May God give us success; May the Almighty illuminate our intellect to lead us along the righteous path.

(Kamakhya Kumar)  
Chief Editor

9 Dec 2012  
Ekyadashi

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