



INTERNATIONAL JOURNAL OF  
**YOGA & ALLIED SCIENCES**

An Interdisciplinary Indexed Journal dedicated to Yogic Science & Allied Subjects

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## International Journal of Yoga and Allied Sciences

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## Editor's Note

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

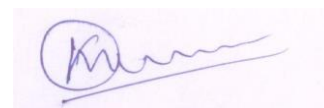
Hari Om!

I am delighted to bring the next volume of IJOYAS. Readers will be happy to know that IJOYAS is now an indexed journal and this time we tried to produce it in a quite new look. A new logo has been launched with this issue and at the same time we increased the size of the journal as well. Readers might be aware; IJOYAS provides a really exciting opportunity to consider the truly interdisciplinary nature of Yoga and other allied studies going on all over.

The objective of this journal 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 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

19 June 2013  
Gayatri Jayanti

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