



INTERNATIONAL JOURNAL OF
YOGA & ALLIED SCIENCES

An Interdisciplinary Indexed Journal dedicated to Yogic Science

Chief Editor

Dr Kamakhya Kumar

Published by: Indian Association of Yoga[®], New Delhi

www.indianassociationofyoga.org, www.indianyoga.org

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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 on a very special occasion of Guru Nanak Jayanti/ Kartik Poornima. This is the final issue of this volume and this time we putted extra effort to bring it into a unique shape.

Readers might be aware that 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 Dr Latha Satish for her kind support and 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

6th November 2014
Guru Nanak Jayanti/ Kartik Poornima

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