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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!

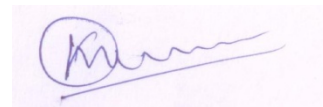
I am delighted to bring the next volume of IJOYAS on the opening of a mega event. It is a privilege to release this issue on 12th March 2016 on the inauguration of **International Conference on Yoga and Holistic Health**, at Hotel Golden Tulip, organized by **Indian Association of Yoga**, New Delhi during the Holy festival of **Ardha Kumbha Mela** at Haridwar.

Readers might be aware that IJOYAS completed its four years of publication successfully. During this period we tried to provide 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 member of advisory and review committee, for their effort and contributors to 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

12th March 2016
Falgun Shukla Chaturthi

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