



INTERNATIONAL JOURNAL OF  
YOGA & ALLIED SCIENCES

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**Chief Editor**  
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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.

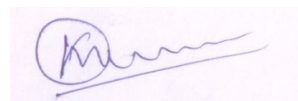
Hari Om!

I am delighted to bring the current volume of IJOYAS on the Holy occasion of Dusshera. It is a privilege to release this issue on the day when the whole nation is celebrating Vijaya-Dashmi the victory of Lord Ram on Ravana. It is the victory of goodness on badness. Let Lord Ram bring a harmony in the entire world where the humanity is struggling with terrorism and hatred. Let the goodness get victory once again.

Readers might be aware that IJOYAS completed its three 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

19<sup>th</sup> October 2018  
VijayaDashmi

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