

International Journal of Yoga and Allied Science (ISSN: 2278 – 5159)

Volume: 11, Issue: 1 ; Jan-June 2022



INTERNATIONAL JOURNAL OF
YOGA & ALLIED SCIENCES

An official publication of Indian Association of Yoga, New Delhi

Double-blind Peer-reviewed Indexed journal

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 current volume of IJOYAS on the opening of a mega event. It is a privilege to release this issue on the inauguration of **Role of Yoga and Sanskritam in Human Transformation**, jointly organized by Dept of Yogic Science, Uttarakhand Sanskrit University, Haridwar and **Indian Association of Yoga**, New Delhi.

Readers might be aware that IJOYAS completed its ten years of publication successfully. During this period we tried to provide a really exciting opportunity to consider the truly interdisciplinary nature of Yoga and 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

9th April 2022

Contents

Editor's Note	03
<i>Empirical research</i>	
1. Phenomenal aspects of Immunity in Vedic Science and Approach of Yoga in Present Scenario <i>Dr. Kamakhya Kumar & Dr Vishad Tripathy</i>	5-11
2. Impact Impact of a Yoga-Based Intervention on Emotion Regulation in it Professionals <i>Dr. K. Krishna Sharma & Zeljka Ciganovic</i>	12-22
3. Nada Meditation as a Intervention Strategy for Anxiety of Ageing <i>Dr. Bhawana Srivastava</i>	23-30
4. Outcome of a Holistic Yoga Therapy and Naturopathy Treatment for Obesity: A Case Study <i>Rakesh Gupta & Shweta Mishra</i>	31-35
5. A Study on the Effect of Yogic Innervation at Haemoglobin Level among to College going Girls <i>Pooja Devi & Dr. Kamakhya Kumar</i>	36-45
<i>Literary Research</i>	
6. A Descriptive study on Danta Dhauti of Shatkarmas : Its Impact upon Human Physiology <i>Niyanta Joshi</i>	46-56
7. Role of Yoga Education towards Integrated Personality Development <i>Mitu Das</i>	57-63
8. Consciousness Quotient Inventory: Concept, Dimensions and Its Applications <i>Anshula Dua</i>	64-69
9. Physiological Benefits of Yoga for College Students <i>Anupam Kothari & Dr Kamakhya Kumar</i>	70-76
10. Critical Appraisal of Sahaja Yoga as a Meditative Technique and its Potential Neuro Cognitive Effects <i>Ramlakhan Tiwari & Prof. J.S. Tripathi</i>	77-84
<i>Guidelines</i>	85