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Editor's Note

"गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः।
गुरुः साक्षात् परं ब्रह्म तस्मै श्रीगुरुवे नमः॥"

It is with profound reverence and immense pleasure that we present **Volume 15, Issue 2** of the *International Journal of Yoga and Allied Sciences* on the auspicious occasion of **Guru Purnima**, a day dedicated to expressing gratitude to the Guru—the eternal source of wisdom, knowledge, and transformation. Celebrated as **Vyasa Purnima**, this sacred day commemorates Maharshi Vedavyasa, whose unparalleled contributions laid the foundation for India's spiritual and philosophical heritage.

Yoga has emerged as one of the most significant global movements for health, well-being, and sustainable living. Today, Yoga is increasingly recognized not only as a means of physical fitness but also as a comprehensive system for cultivating mental resilience, emotional intelligence, ethical leadership, and holistic human development.

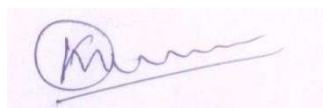
The *International Journal of Yoga and Allied Sciences* remains committed to advancing rigorous scholarship in Yoga, Ayurveda, naturopathy, psychology, neuroscience, education, sports sciences, and integrative medicine. Through peer-reviewed research, systematic reviews, theoretical perspectives, and evidence-based clinical investigations, the journal seeks to provide an international platform for meaningful academic dialogue and scientific innovation.

The articles included in this issue reflect the growing diversity of Yoga research, encompassing classical yogic philosophy, therapeutic applications, mental health, lifestyle disorders, neurophysiology, education, public health, and emerging interdisciplinary perspectives. Collectively, these contributions reaffirm that authentic Yoga research must remain rooted in traditional knowledge while embracing the methodological rigor of modern scientific inquiry.

On this sacred occasion of Guru Purnima, we acknowledge with deep gratitude the invaluable contributions of our authors, reviewers, editorial board members, and readers. Their dedication to academic excellence and ethical scholarship continues to strengthen the quality and global reach of this journal. We also express our sincere appreciation to the institutions, researchers, and practitioners worldwide who are committed to advancing Yoga as a scientific discipline and a transformative way of life.

As the journal continues its journey, we reaffirm our commitment to promoting high-quality research that contributes to evidence-based Yoga education, integrative healthcare, and holistic human development. We hope that the research published in this issue will inspire further scientific exploration, foster international collaboration, and contribute meaningfully to the growing body of knowledge in Yoga and allied sciences.

On behalf of the Editorial Board, I extend my heartfelt greetings to all our readers on the auspicious occasion of **Guru Purnima**. May the light of knowledge, guided by the timeless Guru-Shishya tradition, continue to illuminate our path towards wisdom, compassion, and universal well-being.



Dr. Kamakhya Kumar
Editor-in-Chief

International Journal of Yoga and Allied Sciences

Contents

Editor's Note:	Page: 111
1. The Effects of Yoga on Cognition and Memory: A Systematic Review of Randomised Controlled Trials Dr Selvaraj Giridharan, Bhuvana Pandiyan & Mrunmai Godbole	113-129
2. Effect of regulated prolonged expiration breathing on task related cerebral blood flow velocities: a comparative trial Ankur Kumar, Sachin Kumar Sharma, & Shirley Telles et.al.	130-139
3. Altmetric Profile of Top 100 Yoga Research Publications: A Decadal Comparative Analysis Using Scopus Dr. Sagar B. Khatale, Dr. Rajesh Memane & Girish Nehete	140-151
4. Therapeutic efficacy of yoga in context of pulmonary function and co-morbidities in COVID-19: Evidence from Clinical Trials Swapnali S Chaudhari, Keerthana Choudari & Pramod R Somvanshi	152-167
5. Yoga as a Complementary Intervention in Multiple Sclerosis: A Systematic Review of Clinical Trials Dr Selvaraj Giridharan, Dr Hari Pannerselvam & Mrunmai Godbole	168-182
6. A Study of the Effect of Tratak Meditation on Psychological Factors and Performance of Shooters Kshitij Bodana & Dr. Rohit Kumawat	183-192
7. A Single Coherent Path: The Yoga of the Bhagvat Gita Jon Chapple	193-206
8. Exploring Origin, History and Traditions of Yoga: An Analytical Study Dr. Ajay Bhardwaj	207-212
9. The Dialogic Method of Yoga Vasistha in Psychoanalytic Therapy: Insights into Ego Dissolution for Personality Disorders Sonu Rani & Kamal Kishore	213-222
10. Yoga as a Mind–Body Approach to Emotional Regulation: Insights from Psychological and Neurophysiological Studies Kritika Sangtani	223-229