


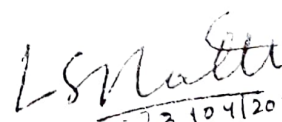
## A BRIEF REPORT ON OUR VISIT TO PADARTHA ON 22 APRIL 2022

On 22 April 2022, a delegation of Patanjali University led by Professor V K Katiyar (Dean, Academic & Research), Dr Laxmi Shankar Rath, Head of the Department of Allied & Applied Science & Asstt Dean-Academic and Dr V K Sharma, Associate Professor & Asstt Dean-Research, visited PADARTHA for possible collaboration in terms of research, teaching, internship and employment of our present BSc (Honours) Biological Science and incoming integrated Industrial Chemistry [BSc (Honours) + MSc] programmes. The response was quite satisfactory and encouraging.

1. We firstly met Dr Gupta, General Manager of Cosmetics division where he arranged a meeting with other heads of other allied departments. A detailed discussion was held on our upcoming new, Industrial Chemistry course. They praised it. They also suggested for opening of courses of some other emerging subjects like BSc (Honours) in Cosmetics and Food Science.
2. Then, we visited Central Lab where we met Dr Nimai Ghose. He recommended some instrumental training that could be imparted to our students for skill development which is highly prescribed in the CBCS pattern of education by the UGC. This will enhance the employability of our students. Instead of hiring outsiders our own brilliant students could be absorbed in our own establishments. *Dr Ram Gupta and Dr Givraj ensured all possible support.*
3. We can have more academic-industry participation in terms of training to our students and faculty with respect to advanced instrumentation, designing of new, job-oriented and applied courses and new products development. During the deliberations it was also emerged that some motivational lectures be convened in the interest of students and faculty development initiatives.
4. We can give entrepreneurship awareness and development orientation to the students so that they can start their own ventures without depending on Government and other private firms for future possible employment. This will solve one of the greatest problems our India is facing today that is unemployment.

  
(Dr Vinay K Sharma) 23/4/2022

  
(Prof V. K. Katiyar)



  
(Dr Laxmi Shankar Rath) 23/04/2022

## DISSERTATION'S FINDINGS

**Teacher's Name: Dr. Rudra Bhandari**

**Academic Batch: 2020-22**

I supervised 11 PG students' (08 M.sc Yoga and 03 M.A Yoga) dissertations in the above session having below summary.

Experimental	Reviews	Theory
The study carried out by Ananya Baliyal assessed the effect of High Frequency Yoga Breathing on cognitive and motor skills of 08-15 years school children and concluded its significant positive effect to improve cognitive and motor skills.	The Meta- Analysis carried out by Neha Shekhawat synthesized the effects of yoga practices on Premature Ejaculation(PE) and Erectile Dysfunction(ED) and finally concluded yoga practices effective to prevent and manage PE and ED.	The study carried out by Ekta Chauhan operationalized <i>Yoga Antaraya</i> .
The study carried out by Jeshmin Gayary assessed the effect of yoga on Qualitive Life of COVID-19 survivors and concluded it significantly effective in improving it.	The study carried out by Ashu Bhatia concluded efficacy of Complementary and Alternative Therapy (CAT) for managing Irritable Bowel Syndrome (IBS).	
The study carried out by Vedansh Mishra concluded the positive effect of Alternate Breathing & Nada Yoga on alpha-EEG.	Study carried out by Akshita Yadav synthesized effect of Complementary and Alternative Medicine (CAM) on Premenstrual Syndrome.	
The study carried out by Kritika Sharma assessed the effect of yoga protocol on Post COVID Anxiety and concluded its significant effect to mitigate it.	The study carried out by Pamila Quaraly concluded significant effect of (CAM) for managing Premenstrual Syndrome.	
The study carried out by Rashmi Rawat assessed the effect of yoga protocol on induced Post-COVID Traumatic Stress Disorder and concluded its significant effect to manage PTSD.	  <b>Dr. V.K. KATIYAR</b> DEAN (ACADEMICS & RESEARCH) University of Patanjali, Haridwar	
The study carried out by Isha Pareek concluded the effectiveness of Assembly Yoga protocol for improving emotional intelligence and psychological wellbeing of secondary school children.		

## Report of Research Work of B.Sc. Yoga Science (Batch 2019-2022)

The students of B.Sc. Yoga Science (Batch 2019-2022) has take up the research work for their partial fulfilment of degree programme under the supervision and guidance of Dr. Sandeep Kumar Singh, Assistant Professor, Department of Yoga Science, University of Patanjali. Total 51 students were enrolled for the degree program where 50 students carried out their research project. Out of which 36 students taken up the work related to research reviews on different physiological and psychological indices and completed their task. 7 students worked extensively and reported their study in the form of original article. The students have collected the data on designated variables and carried out the research work. Out of 50, 5 students collected the data and intervention was carried out to see the impact of yoga on various physiological and psychological variables and reported the work in the form of case study. The consent form and ethical approval was sought before the commencement of case study and original article. 2 students have carried out the systematic review based on the PRISMA and submitted the work at the end of the semester.

The name of the participants/ students is attached with the report. Below is the summary of the data of the work done by the B.Sc. Yoga Science students (Batch 2019-2022) of their research works.

Table 1: Summary of the report

Original Article	7
Case Study	5
Systematic Reviews	2
Literature Reviews	36





## EDUCATIONAL TOUR

One-day Educational Tour was organised by Department of Tourism Management on 23/3/2022. Students of PG Diploma visited Patanjali Yoggram, Haridwar.

One-day Educational Tour was organised by Department of Tourism Management on 30/4/2022. Students of BA Final year visited various Tourist attractions at Dehradun.

The department of Tourism Management undertook these Educational Tour for the students of BA 6<sup>th</sup> sem Tourism and PG Diploma Tourism on 23th March 2022 and 30th April 2022 respectively. The tour was based on their curriculum keeping in mind the opportunities for the students to explore and experience practically what they have learned in the classroom.

During the Tour students were given the opportunities to prepare a plan of incorporating activities to make their interaction with the stake holders more interesting. Students were divided into different groups to enable them to cover all the feasible opportunities on tour.

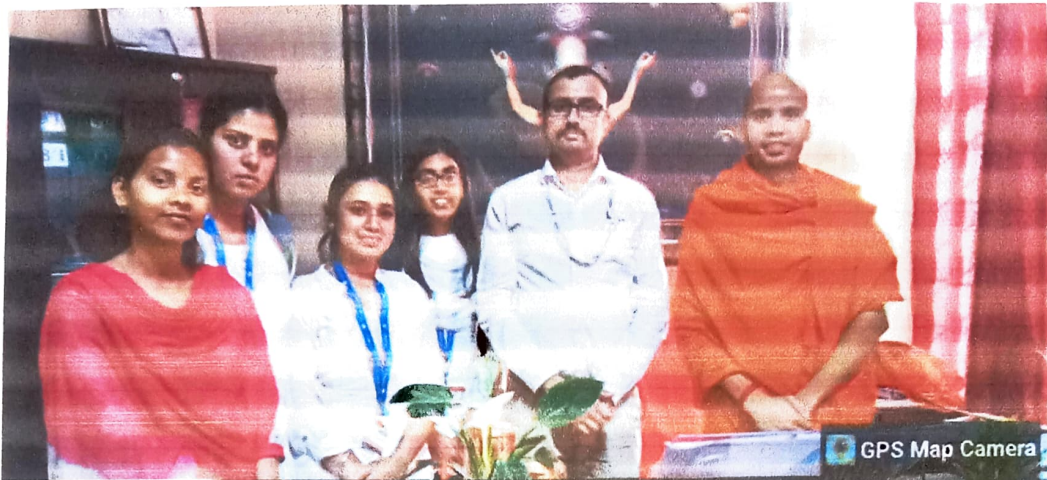
Faculty members of the Tourism department and other departments also assisted in above program. Dr. Aditya Bhargava, In-charge Tourism Department organized the above Educational Tours and Dr. Vaishali Gaur, In-charge Psychology Department and Ms. Monika Ji from Yoga department accompanied the department.

Altogether the entire class of BA (Tourism course) and PGD (Tourism) were participated in the educational tour.

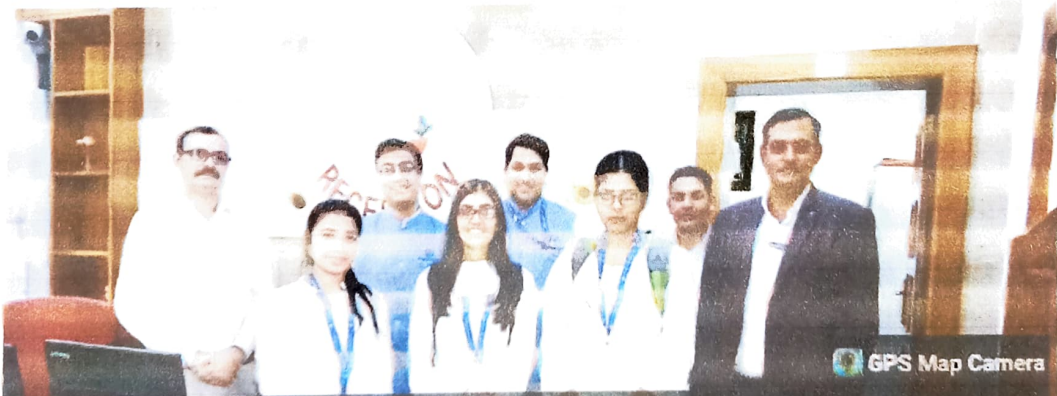
  
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*VK/CS*





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Haridwar, Uttarakhand 249405, India  
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Haridwar, Uttarakhand 249405, India  
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**Dr. V.K. KATIYAR**  
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## **Report of Dissertation & Case Study**

### **M.A Yoga Science (Sission-2020-2022)**

**(Guide name: Dr. Narendra Singh; Student name: Hem Pandey)**

[Topic name: Effect of type 2 Diabetes mellitus- A case study.]

Subject of age 50 years' female has been suffering from type 2 Diabetes mellitus since 2006. Yoga intervention were given to patient like shatkarma, asana, Pranayama and mudra bandha practice. Dietary recommendations were also given to patient. As a result, it was saying that there was reduction in the Complaints related to diabetes and so the reduction in glucose level.

**(Guide name: Dr. Narendra Singh; Student name: Anchal Saini)**

[Topic Name: Effect of yoga on Diabetes.]

Subject of age 62 years' male has been suffering from diabetes since 2000. Yoga intervention were given to patient like Asana, Pranayama, Shatkarma, surya namaskar and panchkarma practice. Dietary recommendations were also given to patient. As a result, it was seen that there was reduction in insulin resistance.

**(Guide name: Dr. Narendra Singh; Student name: Sweta Chaudhary)**

[Topic Name: Diabetes: A case study]

Subject of age 59 years' female has been suffering from diabetes since 5 to 6 years. Yoga intervention were given to patient like shatkarma, asana, Pranayama, Mudra bandha and Yog nidra practice. As a result, it was seen that by regular yoga practice help lower blood sugar level improve circulation and reduce the risk of cardiovascular disease.

**(Guide name: Dr. Narendra Singh; Student name: Alka Yadav)**

[Topic Name: Diabetes Mellitus type 2]

Subject of age 49 years' male has been suffering from diabetes since 15 years. Yoga intervention were given to patient like Asana, Pranayama and Surya Namaskar practice. As a result, it was seen that there was reduction in insulin resistance.

**(Guide name: Dr. Narendra Singh; Student name: Amit Kumar Singh)**

[Topic Name: Effect of asana on constipation]

Subject of age 33 years' male has been suffering from constipation since 11 months and taking medication since 7 months. Yoga intervention were given to patient Asana like paschimottanasana, pawanmuktasana, vajrasana, etc. Dietary recommendations were also given to patient. As a result, it was seen that patient suffering from stress due to constipation was cured and bowel moment was improved.

**(Guide name: Dr. Narendra Singh; Student name: Naveen)**

[Topic Name: Effect of Yoga on Type 1 Diabetes Mellitus: A case study]

Subject of age 10 years' female has been suffering from Type 1 Diabetes since 4 years. Yoga intervention were given to patient like Asana, Pranayama and Surya Namaskar practice. As a result, it was seen that there was reduction in Symptoms of type 1 diabetes like reduce thirst and reduce frequent urination.

**(Guide name: Dr. Narendra Singh; Student name: Manisha Devi)**

[Topic Name: Heart Disease: 1HD]

Subject of age 59 years' male has been suffering from ischemic heart disease since 2013 and taking medication since 5 years. Yoga intervention was given like shatkarma, different



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naturopathy therapy and ayurvedic medicine. Dietary recommendations were also given to patient. As a result, it was seen that there was improvement in symptoms of heart disease.

**(Guide name: Dr. Narendra Singh; Student name: Vaishali Kaushik)**

[Topic Name: Cervical Spondylosis: A case study]

Subject of age 35 years' female has been suffering from cervical Spondylosis since 14 years after pregnancy. Yoga intervention was given like shatkarma, asana, Pranayama bandha and meditation practice. As a result, it was seen that there was improvement in pain and stiffness in neck. Reduction in stress and anxiety. Improvement in joint flexibility.

**(Guide name: Dr. Narendra Singh; Student name: Sandeep)**

[Topic Name: Cervical Spondylosis: A case study]

Subject of age 40 years' male has been suffering from cervical Spondylosis since 4 years. Yoga intervention was given like shatkarma, asana, Pranayama bandha and meditation practice. As a result, it was seen that there was an increase in joint flexibility and improvement in pain.

**(Guide name: Dr. Narendra Singh; Student name: Lizza Mittal)**

[Topic Name: Obesity: A case study]

Subject of age 35 years' female has been suffering from obesity since 4 years. Yoga intervention was given like shatkarma, asana, Pranayama, bandha and meditation practice. As a result, it was seeing that there was reduction in hip and waist circumference area.

**(Guide name: Dr. Narendra Singh; Student name: Ujjwal Katyan)**

[Topic Name: Effect of massage therapy on stress]

Subject of age 45 years' male has been suffering from stress disorder. Ayurvedic massage was given to patient i.e oil massage, potli massage, powder massage, etc. As a result, it was saying that patient feel relaxes after massage and there was improvement in stress symptoms like improvement in quality of sleep.

**(Guide name: Dr. Narendra Singh; Student name: shruti Malik)**

[Topic Name: Rheumatoid Arthritis: A case study.]

Subject of age 35 years' female has been suffering from rheumatoid arthritis since 4 years. Yoga intervention was given like shatkarma, asana, Pranayama, Mudra and Bandha practice. Dietary recommendations were also given to patient. As a result, it was seen that there was increasing mobility of joints and stiffness, relief in pain.

**(Guide name: Dr. Narendra Singh; Student name: Sanjay)**

[Topic Name: Effect of pranayama on Insomnia]

Subject of age 35 years' male has been suffering from insomnia since 10 months and taking medication since 7 months. Yoga intervention was given like asana, Pranayama and dietary recommendations. As a result, it was seen that there was improvement in quality of sleep.

**(Guide name: Dr. Narendra Singh; Student name: Preeti Bhandari)**

[Topic Name: Alopecia: A case study]

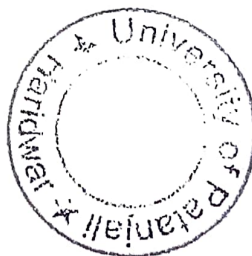
Subject of age 30 years' female has been suffering from hair loss since 10 months. Diet recommendation were given with the yogic intervention like asana (Inverted postures), Pranayama, shatkarma and meditation (Yoga nidra). As a result, it was seen that there was decrease in hair loss.


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**Master's dissertation guided by Dr. Abhishek K. Bhardwaj, Assistant Professor, Department of Psychology during Session 2021-22**

Sl. no.	Title of Dissertation	Student's name	Session/Year
1.	Correlation between psycho-immunity and quality of sleep in adolescents	Aanchal Sharma	2021-22
2.	Correlation between mind-cognitive skills and yoga: a study on undergraduate students	Aman Kumar	2021-22

The completion of above mentioned dissertation was done under my supervision. The details of the study such as research methodology, study design, objectives, assessments, results and outcome are attached here.



  
**Abhishek K. Bhardwaj, PhD**  
Assistant Professor,  
Department of Psychology

  
**Dr. V.K. KATIYAR**  
DEAN  
(ACADEMICS & RESEARCH)  
University of Patanjali



**SUPERVISED BY:-**

SUBMITTED BY

ANCHAL SHARMA

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M.A.P IV -SEM

DEPARTMENT OF PSYCHOLOGY  
UNIVERSITY OF PATANJALI,  
HARIDWAR- 249405







# पतंजलि विश्वविद्यालय University of Patanjali

5

उत्तराखण्ड विधान मण्डल द्वारा पारित पतंजलि विश्वविद्यालय अधिनियम संख्या 4, वर्ष 2006 के अन्तर्गत स्थापित  
Established by Uttarakhand State Legislature Under the University of Patanjali Act No. 4, Year 2006

दिनांक (Date) : 18.06.2022

पत्रांक (Ref.) : .....

## CERTIFICATE

This is to certify that the research entitled “**CORRELATION BETWEEN PSYCHOIMMUNITY AND QUALITY OF SLEEP IN ADOLESCENCE**”

Submitted by MS. ANCHAL SHARMA, MA Psychology, IVth Semester is his original work. This dissertation is presented as the fourth paper (MAP-404) and he has completed the work under my guidance and supervision.

Research Supervisor

  
Dr. Abhishek Bhardwaj

Assistant Professor

Deptt. of psychology



## RESEARCH METHODOLOGY

This chapter includes the adopted tools and techniques for the research purpose, right from the objective till the statistical procedure.

### Objective:

The objective of this study is to establish the correlation between psycho-immunity and quality of sleep among adolescence.

### Hypothesis:

H0: There is no correlation between psycho-immunity and quality of sleep among adolescence.

H1: There is positive correlation between psycho-immunity and quality of sleep among adolescence.

### Inclusion Criteria:

The study was controlled on the basis of following inclusion criteria:

- Healthy individuals.
- Age group adolescence.
- People from all the backgrounds.
- All genders.

### Exclusion Criteria:

- People who are diagnosed with some kind of mental disorder.
- Older people above the age 19.



## Sample and Sampling

For this research a sample of 40 people with in the age group 15 to 19 years participated. The participants were apprised with all the required information of the test administration through the consent form. The subject selection for the data collection was done through self-selection method. The data was collected through google form.

## Research design

The research design used for this study was the Pearson's Correlation the statistical calculation of the data has been done on Ms Excel.

## Material used

There are two standardized questionnaires used for the collection of data:

1. The Psycho-immunity Scale by Dr. Abhishek K. Bhardwaj, Dr. Anuradha Kotnala, Prof. O.P. Mishra, Prof. N.K. Verma. The number of items in the scale are 40 which measures the psycho-immunity of the individuals of adolescents. There are four sub-scales components; Self Confidence, Total adjustment, Emotional maturity, Psychological well-being. There are 25 positive items and 35 negative items. It is a 1-5 scale questionnaire with options 1. strongly agree, 2. Agree, 3. neutral, 4. Disagree, 5. Strongly disagree for negative items and the scoring is reverse for positive items. Pittsburgh Insomnia Rating Scale-2 (PIRS-2),





by Douglas Moul, MD, University of Pittsburgh, School of Medicine. The scale is a standardized scale containing 2 items. There are 4 options for the first item ; 1. Not all bothered, 2. Slightly bothered, 3. Moderately bothered, 4. Severly bothered. The second item also has four options; 1. Excellent, 2. Good, 3. Fair, 4. Poor.

**Subjects:**

There were 40 subjects individuals within the age range 15 to 19 years. The subjects were the students belong to different backgrounds such as, commerce, arts, yoga, medical students. The Subjects are of all the genders i.e., female, male.

**Statistical Procedure:**

The statistical Procedure used in the study is the Pearson's correlation method to find out the linear correlation between the variables. The calculation was done on Ms Excel.



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This chapter includes table and result of the adolescence population correlation between psycho-immunity and quality of sleep, consist of values calculated using Pearson Correlation.

Correlation between Psycho-immunity and quality of sleep.

N	Variable	Mean	SD	r
40	Psycho-immunity	189.03	13.70	0.75
40	Quality of sleep	2.1	1.5	

According to the table the mean score in the variable psycho-immunity is 189.03, Standard deviation is 13.70. Mean score in the variable quality of sleep is 2.1, Standard deviation is 1.5. Obtained Correlation between both the variables is 0.75 and this linear correlation value is calculate at 0.05 significance level.



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## DISCUSSION WITH CONCLUSION

The pearson's correlation coefficient value 0.75, at the significance level 0.05 which Indicates a strong positive linear relationship between Psycho-immunity and Quality of sleep of adolescences. The result clearly supports the alternate hypothesis indicating the positive association the two variables. Therefore it can be suggested that healthy psycho-immunity contributes to good quality of sleep. Healthy psycho-immunity indicates that the person is - capable to deal with conflicting emotions, flexible to adjust to the changing environment, capacity to leave without fear, guilt, and anxiety, take responsibility for one's own actions, to discriminate between good and bad and between good versus better, to achieve insight into one's own self. The psycho-immunity of an individual can be improved by increasing the self-confidence, emotional maturity, psychological well-being, adjustment to various aspects of the environment. Thus by increasing psycho-immunity of an individual, the quality of sleep is improved.



*V.K. Kattiyar*

Dr. V.K. KATTIYAR

(ACADEMIC RESEARCH)  
University of Ponnaleni

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**CORRELATION BETWEEN META-COGNITIVE SKILLS AND YOGA:  
A STUDY ON UNDERGRADUATE STUDENTS**



DISSERTATION SUBMITTED FOR THE PARTIAL FULFILMENT OF  
MASTER'S DEGREE IN PSYCHOLOGY  
ACADEMIC SESSION 2020-2022

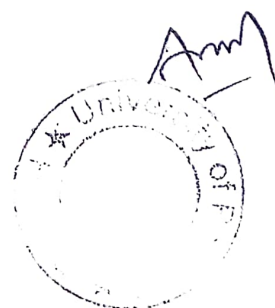
**SUPERVISED BY:-**

DR.ABHISHEK BHARDWAJ  
ASSISTANT PROFESSOR  
DEPTT. OF PSYCHOLOGY

**SUBMITTED BY**

AMAN KUMAR  
M.A.P IV –SEM

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2

उत्तराखण्ड विधान मण्डल द्वारा पारित पतंजलि विश्वविद्यालय अधिनियम संख्या 4, वर्ष 2006 के अन्तर्गत स्थापित  
Established by Uttarakhand State Legislature Under the University of Patanjali Act No. 4, Year 2006

पत्रांक (Ref.) : .....

## CERTIFICATE

दिनांक (Date) : 18.06.2022

This is to certify that the research entitled "**CORRELATION BETWEEN META-COGNITIVE SKILLS AND YOGA: A STUDY ON UNDERGRADUATE STUDENTS**" Submitted by Mr. Aman Kumar, MA Psychology, IVth Semester is his original work. This dissertation is presented as the fourth paper (MAP-404) and he has completed the work under my guidance and supervision.

Research Supervisor

  
Dr. Abhishek Bhardwaj  
Assistant Professor

Deptt. of psychology



## RESEARCH METHODOLOGY

Every study in its planning phase is connected with the important problem of suitable methodology. The chapter in hand aims to describe the research design that has been adopted in on working the objects and also for testing its hypothesis. The selection of research methods depends on both the objective and the kind of data available. It is true that with an out methodological plan no test can be conducted. It is the starting point of the research without which no scientific conclusion can be drawn. We don't know what is relevant and what is non-relevant, so methodology requires a scientific insight for the selection problem-turning scientific hypothesis, variables, and their controls.

## RESEARCH

Definition of research is given by John W. Creswell, who states that "research is a process of steps used to collect and analyze information to increase our understanding of a topic or issue."

It consists of three steps: pose a question, collect data to answer the question, and present an answer to the question. Research is a systematic inquiry that investigates hypotheses, suggests new interpretations of data or texts, and poses new questions for future research to explore. The research consists of asking a question that nobody has asked before doing the necessary work to find the answer and communicating the knowledge you have acquired to a larger audience.

## STATEMENT OF THE PROBLEM

The present study was planned to know the Correlation between meta-cognitive skills and yoga among undergraduate students.

## OBJECTIVE OF THE STUDY

On the basis of the problem, the following objective was made:



- To compare the meta-cognitive skills between regular yoga practitioners and less yoga practitioners.
- To measure the effect of yoga on meta-cognition.

## RESEARCH DESIGN

The research design used for this study was the Independent T-TEST the statistical calculation of the data has been done on Ms Excel.

## HYPOTHESIS

With the determination of any problem, the search for a solution is also started. Proposed estimates in response to the problem are called a hypothesis.

According to **Kerlinger**(1986)-The approximate statement of Relations between two or more variables is called a prequel. Ideas are always expressed as declarative sentences and they show general and specific relationships between variables and variables.

**Null Hypothesis-** The null hypothesis by which we refer to the relationship of no difference between variables.

### The hypothesis used in this research:

- There is no significant change in metacognitive skills in regular yoga practitioners and less yoga practitioners.
- There is no effect of yoga on metacognitive skills.

### Sample and Sampling

The sample in this study was drawn through simple random sampling methods, in which a digital model was used. The participants were students of the University of Patanjali.

The study was conducted on a sample size of 160 undergraduate college students consisting of 80 boys and 80 girls. These 160 participants were divided into 2 groups on



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the basis of regular yoga practitioners and less yoga practitioners. 1 groups (40 boys and 40 girls) of regular yoga practitioners and 2 groups of (40boys and 40 girls)of less yoga practitioners.

### **Inclusion Criteria**

- Students pursuing B.A. and B.Sc.
- Age limit 16-22 years.
- Regular Yoga and less yoga practitioners.
- 

### **Exclusion Criteria**

- Student beyond the age limit of 16-22 years.
- Students facing mental and physical problems.

### **Assessment**

For the purpose of data collection, one standardized tool was administered individually to measure all the variables in the proposed study:

Metacognition inventory developed by Punita Govil. This inventory consists of 30 items. All these items were scored either 1 or 2 or 3 or 4 depending on the direction of the items. The total meta-cognition score varied from 30 to 120, showing the lowest to highest metacognition.

### **Scoring**

Scoring is done with the help of MCI-G Manual. There were total 30 items in the inventory of positive type in nature. The inventory has for alternative answers. The scoring system is of four point rating scale.

Each questions have four alternative with different scoring answers are then scored as 1. NOT AT ALL=1, 2. SOME-WHAT=2, 3. TO A CONSIDERABLE EXTENT=3, 4. VERY MUCH SO=4. To calculate the total MCI score, responses to all the item is compulsory.



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The MCI score is obtained by summing across all items.

### STATISTICAL OPERATION

Data analysis was done with statistical techniques. p-Score was used to examine their correlation between yoga and meta cognition.



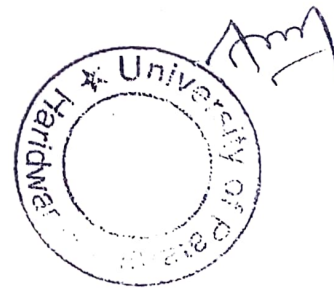
## Result

This chapter includes table and result of adult population, Comparison of meta cognition Regular yoga practitioner and Less yoga practitioner. Statistical procedure is used in the research is T-test.

N	SCALE	PARTICIPANT	MEAN	SD	p-Score
80	MCI-G	REGULAR YOGA PRACTITIONER	92.43	7.88	1.434
80	MCI-G	LESS YOGA PRACTITIONER	71.98	8.02	

The mean score of regular yoga practitioner is 92.43 with standard deviation of 7.88. And the mean score of less yoga practitioner is 71.98 with standard deviation of 8.02. Which shows an positive effect of yoga on regular yoga practitioner.

According to the result obtained insignificant at the level 0.05. As per the mean score there is a positive effect of regular yoga practice on "META COGNITION"



## DICUSSION

To compare the meta-cognitive skills between regular yoga practitioners and less yoga practitioners. To measure the effect of yoga on meta-cognition.

Metacognition is described most basically as "examining thinking." Metacognition contains two sections: data and rule. Metacognitive data integrates data around oneself as an understudy and the factors that could influence execution, data about frameworks, and data about when and why to use strategies. A metacognitive rule is the checking of one's insight and integrates organizing works out, the awareness of appreciation and assignment execution, and appraisal of the feasibility of actually taking a look at cycles and strategies. According to the result obtained there is positive impact of yoga on meta cognition of individual. Therefore regular practice of yoga is helpful in increasing effective Metacognitive skills such as Decision making, problem solving, information, learning, memory, understanding, and thinking. Regular Yoga practice is helpful in the health development of the body, mind leading to a morefulfulling life. With yoga practice one can better concentrate, recall, retention and maintain a healthy mental balance.

## CONCLUSION

It is concluded that yoga practice has a positive impact on Meta- cognition therefore yoga is essential in better function of cognition. As there is seen a impact on Decision making, problem-solving, information, learning, memory, understanding, and thinking.



**Dr. V.K. KATIYAR**

DEAN

(ACADEMIC & RESEARCH)

Uttarakhand University of Yoga and Health Sciences, Haridwar



## DISSERTATION REPORT FOR 2021-22

Total three dissertations has been carried out under Dr. Nidheesh Yadav, Dept of Yoga Science.

First dissertation was carried out by Sh. Shivam Gupta Ji, student of MSc Yoga Science on the topic ***"Mathematical analysis for refinement and application of advance practice of kapalbhati"***. Purpose of this mathematical study was to explore the benefits of kapalbhati for overall health using some physical variables like Center of Mass (COM), Center of Gravity (COG) and angle of sitting (AOS). This study concluded that practice of kapalbhati with different position of sitting by keeping the vertebral column straight increases and decreases the pressure of the axial axis in upward and downward directions respectively.

Second study was carried out by Km. Udit Tomer Ji student of MA Yoga on the topic ***"Effect of Surya Namaskar on Body Awareness and Dynamic Balance"***. In this study 10 subjects were selected for each control and experimental group. Experimental group was provided with suryanamaskar daily for 10 days and then the level of awareness was calculated with Body awareness questionnaire and balance was calculate with Star Excursion Balance Test SEBT tool. Study concluded that the surya namaskar has positive effect on body awareness and dynamic balance.

Third Study was conducted by Ms. Shivani Naryal Ji student of MSc Yoga Science on the topic ***"Effect of selected yoga intervention on post traumatic stress disorders."*** In the study 3 weeks yogic intervention was provided to the subjects having PTSD symptoms. The symptoms were evaluated on the basis of questionnaires i.e. DASS-21 (for depression, anxiety & stress) and PCL-5 (avoidance, negative alterations in cognitions, mood & hyper arousals). This study showed that yoga helps in reducing post traumatic stress disorders.

  
  
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# Correlation between Quality of Sleep and Level of Stress among Students

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## Abstract

The study assessed the correlation between quality of sleep and level of stress among students. Psychological assessments were conducted with the help of Perceived Stress Scale (PSS) and Pittsburg Insomania Rating Scale-20 (PIRS-20). One hundred healthy participants (age range 18-24 years) were selected for the study. Statistical analysis was computed using the Pearson Correlation Method (SPSS Version 25.0). The result revealed that there is a moderate positive correlation between quality of sleep and level of stress.

**Keywords:** *Quality of sleep, Level of stress, Students*



VK/CL

# Gender differences on Self-Esteem

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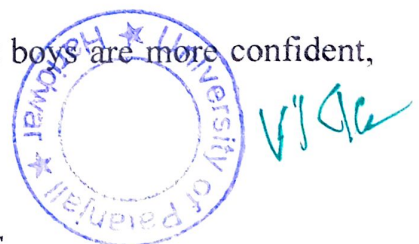
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## Abstract

The present study was planned to compare gender differences on self-esteem among students. The psychological variable (self-esteem) was assessed using Rosenberg's Self-esteem Scale. Sixty college students (age range 18-22 years) were selected for the study. Statistical analysis was computed using the Independent t-test (SPSS Version 25.0). The result revealed that boys have more self-esteem than girls. Previous research indicate that boys are more confident, realistic and decision oriented.

**Keywords:** *Gender Differences, Self-Esteem, Students*





# Effect of Gayatri Mantra on Self-Esteem

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## Abstract

The study was conducted to measure the effect of Gayatri Mantra on Self-Esteem. Psychological assessment was conducted with the help of Rosenberg's Self-esteem Scale. Sixty girls participants (age range 18-25 years) were selected for the study. Pre and Post data was computed using Independent t-test (SPSS Version 25.0). The results revealed that Gayatri Mantra has a beneficial effect on Self-Esteem.

**Keywords:** *Gayatri Mantra, Self-Esteem, Girls*



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