

RESEARCH METHODOLOGY REPORT

By Dr.ArtiYadav,Yoga Science

The purpose of this report is to present the methodology used in a research project. The research project was conducted to investigate the impact of social media on academic performance of students. The report outlines the various steps taken to carry out the research, including the research design, data collection methods, data analysis techniques, and ethical considerations.

Research Design:

The research design used in this project was a descriptive survey. A survey is a research method that is used to collect data from a sample of individuals. The descriptive survey was chosen because it allowed us to describe the relationship between social media usage and academic performance.

Sample:

The sample for this study consisted of 300 undergraduate students from various universities in Nigeria. The students were selected using a random sampling technique.

Data Collection:

The data collection method used for this study was a self-administered questionnaire. The questionnaire was designed to collect data on social media usage, academic performance, and demographic characteristics of the students. The questionnaire was distributed to the students in person and online.

Data Analysis:

The data collected from the questionnaire were analyzed using descriptive statistics and inferential statistics. Descriptive statistics were used to describe the characteristics of the sample and the relationship between social media usage and academic performance. Inferential statistics were used to test the hypotheses formulated for the study.

Ethical Considerations:

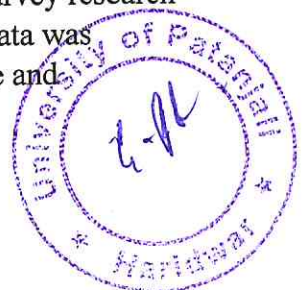
In order to ensure ethical considerations were taken into account, informed consent was obtained from all participants. Participants were informed about the purpose of the study, and they were assured that their participation was voluntary and confidential. In addition, data was stored securely to protect the privacy of the participants.

Conclusion:

In conclusion, this report has outlined the methodology used in a research project on the impact of social media on academic performance of students. The descriptive survey research design was used to collect data from a sample of 300 undergraduate students. Data was collected using a self-administered questionnaire and analyzed using descriptive and

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A Sample Research Methodology

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PROJECT REPORT AND CAPACITY BUILDING PROGRAMS, 2019 – Part 2

By Dr. Narendra Singh, Yoga Science

A project report was prepared during the year 2019- 20 for the seed money received from the University. The Advanced Haṭha Yoga Project is a continuation research project funded by the University of Patanjali, Haridwar advance the scientific advancement in physical and cognitive yoga practice by means of philology, i.e. the study of texts on yoga, and ethnography, i.e. fieldwork among practitioners of yoga.

The advanced Hatha yoga manual for a strong, vital, beautiful body and a balanced, harmonious, happy mind.

- Includes instructions for many advanced Hatha yoga exercises to build strength, stamina, and good posture, the necessary basis for spiritual development.
- Provides detailed exercise plans to help you develop your personal weekly practice.
- Explains traditional yogic methods of fasting and internal cleansing, practices to strengthen the endocrine system, methods for advanced sexual control, breath control practices, and concentration exercises to improve mind power.

Based upon ancient Sanskrit works on yoga as well as thousands of years of oral teachings, this Hatha yoga classic moves beyond the introductory level of yoga and provides illustrated instructions for many advanced āsanās and other yogic techniques to build strength, stamina, and good posture--a necessary prerequisite for spiritual development.

Offering detailed exercise plans to help you develop your personal weekly yoga practice as well as techniques to target specific areas of the body, such as the abdominal muscles, this book also contains detailed instructions on many forms of prāṇāyāma (breath control), including alternate nostril breathing, kapālabhāti, and sahita, as well as meditative methods for developing your powers of concentration and mental discipline. With instructions on diet, fasting, internal cleansing, advanced sexual control, and strengthening the endocrine system, Sri S. S. Goswami's classic text presents the complete picture of an advanced Hatha yoga lifestyle for a strong, vital, beautiful body and a balanced, harmonious, happy mind.

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Students Practicing Hatha Yoga

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PROJECT REPORT ON BHAGAVAD GITA RESEARCH – 2019-20

By Dr. Sanjay Singh, Yoga Science

‘Bhagavad Gita’ is one of the essential Indian ancient scriptures like Vedas, Puranas and Upanishads. It guides us by showing various spiritual paths through which we can gain self-knowledge as well as inner-peace. Many of our legendary leaders like Mahatma Gandhi, Dr. Radhakrishnan, Lokmanya Tilak and many more was influenced by the philosophy of ‘Bhagavad Gita’. This study showcases that, how ‘Gita’ influences the life of modern human society, It also tries to analyze and highlight, how Bhagavad Gita supports and develops certain **management vision and thoughts**, which has created a benchmark in the modern world as a key source for success to any organization or an individual.

Bhagavad Gita for Present Generation:

Today’s youth is a precious asset for our nation. Shaping and moulding them properly and helping them to enhance their personalities will let their hearts feel with complete purity and putting a step ahead by making them better citizens of the universe, who would go ahead and create a better world tomorrow.. The modern youth of the universe are currently experiencing a lot of stress, tensions and worries. They gravitate to age quicker and inviting to various illness and diseases. The teachings mentioned in the Bhagavad Gita can be utilized by helping them with positive vision of their own lives, from a different mindset cultivating them spiritually and by telling them lead to a quality and peaceful life. The fascinating thing about Bhagavad Gita is that it does not demand the adherent to sacrifice anything in this material world. It only purifies the mind and soul, that completely distresses the individual and helps him realize the inner-self and the supreme one. Further, it helps to enhance values and ethics in the youth, moulding them into better global citizens for the new Golden Era for India and the rest of the universe. Reading regularly the Bhagavad Gita and by understanding the teachings and slokas, leading a life of day-to-day’s tensions and worries helps are remain young for life and add life to your years with peaceful life ahead for the youth.

In the research project, we also tried to quantify and develop a scale for various Gita verses.





Bhagavad-Gita management for students

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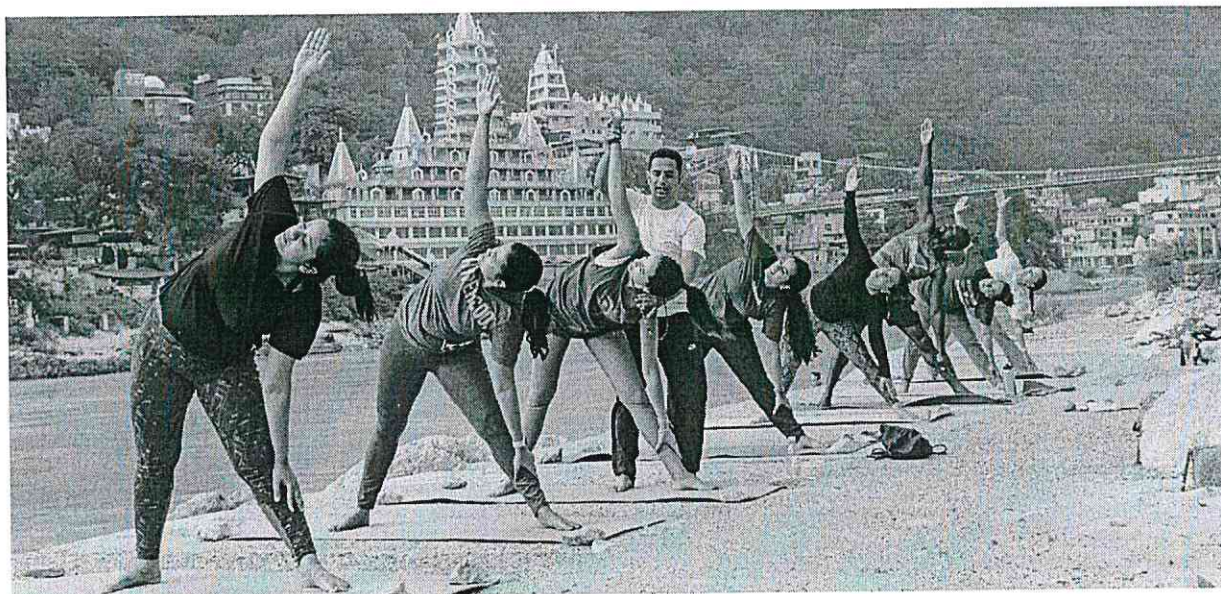
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Students Practicing Hatha Yoga

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SOCIAL PSYCHOLOGY PROJECT REPORT – 2018-19

By Dr. Vaishali Guar, Yoga Science

Introduction

In the recent times, Social Psychology is a popular area of research in general and in India particular. Social Psychology is a basic science aimed at understanding human social behaviour. It also addresses the questions like why people become aggressive. Why people often seem insensitive to the needs of others? Why people do not participate in the Welfare Programmes? So on and so forth Social Psychology tries to build knowledge primarily through experiments in the laboratory and therefore, theories and findings may often seem remote from the actual problems in Society. One of the reasons for this problem is its focus on the individual or at the best small groups, which is clear from the definitions of social Psychology given in the textbooks. The term “Social” has been used in different ways by the experts of social psychology following different theoretical models such as Behaviouristic, Gestalt, Cognitive, Cultural and others.

The evidence of unreliable methods, unethical research procedures and ideological biases including artifacts of experimental procedure landed social psychology in a crisis during 1960s and 1970s. We feel the crisis is still prevailing. Right from the beginning in 1928, two strands of Social Psychology: Social Psychology and Psychological Social Psychology brought the differences in the form, content and methods in the field. Because of dominance of American Psychology, Social Psychology remained in the court of experimental science. However, European Social Psychology focused on more group and Community level Phenomena, where as American Philosophy of individualism is carried over as Individual Social Psychology. The Social, henceforth is reduced to the level of individual.

American dominance also designated “their” psychology as Universal however; cross-cultural psychology accepted the cultural differences in human behaviour. Recent emergence of critical social psychology, social constructionism, cultural psychology, social representations have challenged the main stream social psychology for its individualism and methods of inquiry. Even Applied Social Psychology as an experimental science could not address the „Social Problems“. It seems to remain concerned with attitude change, value change, motivations and cognition – all at Individual level.

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Social Psychology suggested interventions strategies in Applied Social Psychology, which by and large are still in infancy state as one of the leading problem violence and aggression is still flourishing in Indian situations. Social psychology seems entirely absent in providing unswerving solution to such threatening problems. Antisocial characters of the society are well equipped to escalate violence among the members of the society to run their shops of divide and rule. Other problems such as riots among different communities, problem of dowry and existence of Khappanchayats are still prevailing in Indian situations. It is also the failure of social psychologists to make the society vigilant from the poor politics based on the caste, region and religion for the benefits of the few politicians. In short, social psychology has failed to address the larger social problems.

India and other Asian countries have realized the limitations of American Social Psychology as their cultures are different from Euro-American countries main stream Social Psychology could not address social reality. For example, Indian Social Psychologists have drawn relevant social psychology concept from ancient philosophies. It has also been suggested that social Psychology has to contribute directly to development efforts of third world countries. It also noted that building systematic and structural variables into the research design so that the social reality under study does not lose its vital character (Sinha, 1998). Keeping the above concerns in mind, the National Seminar was organized addressing following themes and subthemes;

1. The possibility of developing Social Psychology as professional.
2. Social Psychology's concerns in health promotion.
3. The role of Social Psychology in rural development.
4. Social Psychology and resolution of social conflicts.
5. Role of Social Psychology and control of Violence and Aggression.
6. Social Psychology and Development of Interpersonal Relations.
7. Social Psychology in promoting cooperation among the community member.
8. Social Psychology and political behavior.
9. Role of Social Psychology in women empowerment.
10. Critique of mainstream Social Psychology and future direction.
11. The possibility of interdisciplinary research of social problems.



12.State of research in social psychology in India.

13. Indian traditional concepts related to social behavior and their relevance.

14. Inaugural Session and Delegates

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YOGA THERAPY AND NATUROPATHY PROJECT REPORT 2021-22

By Dr. Nidheesh Kumar Yadav, Yoga Science

Yoga therapy and naturopathy are two complementary disciplines that focus on natural methods to promote physical, mental, and emotional health. Yoga therapy is a form of alternative medicine that uses yoga poses, meditation, and breathing techniques to help individuals manage physical and mental health conditions. Naturopathy is a holistic approach to healthcare that emphasizes the use of natural remedies, such as herbs, supplements, and lifestyle changes, to treat and prevent illness. This project report will explore the benefits of yoga therapy and naturopathy and their application in healthcare.

Benefits of Yoga Therapy: Yoga therapy has been shown to have numerous benefits for individuals with various health conditions, including:

1. Reducing stress and anxiety
2. Improving flexibility and balance
3. Relieving chronic pain
4. Improving sleep quality
5. Managing symptoms of depression
6. Reducing inflammation in the body
7. Lowering blood pressure
8. Boosting the immune system

Yoga therapy can be tailored to the individual's needs and can be adapted to accommodate physical limitations or injuries. It can also be used as a complementary therapy to traditional medical treatments to help manage symptoms and improve overall health.

Benefits of Naturopathy: Naturopathy has a broad range of benefits for individuals seeking to improve their health and wellness. Some of the benefits of naturopathy include:

1. Treating the root cause of health conditions
2. Boosting the immune system
3. Reducing inflammation in the body

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4. Improving digestion
5. Promoting healthy sleep patterns
6. Managing stress and anxiety
7. Preventing chronic disease
8. Balancing hormones

Naturopathic doctors use a variety of natural remedies, such as herbs, supplements, and dietary changes, to help individuals achieve optimal health. They work with the individual to identify the underlying cause of their health condition and develop a personalized treatment plan to address their specific needs.

Application of Yoga Therapy and Naturopathy in Healthcare: Yoga therapy and naturopathy can be used in a variety of healthcare settings, including hospitals, clinics, and private practices. They can be used alone or in combination with traditional medical treatments to help manage symptoms and improve overall health.

Yoga therapy can be used to help individuals manage chronic pain, reduce stress and anxiety, and improve their overall physical and mental health. It can also be used as a complementary therapy to traditional medical treatments to help manage symptoms and improve overall health.

Naturopathy can be used to help individuals prevent chronic disease, manage stress and anxiety, and achieve optimal health. Naturopathic doctors work with the individual to identify the underlying cause of their health condition and develop a personalized treatment plan to address their specific needs.

Yoga therapy and naturopathy are two complementary disciplines that can be used to promote physical, mental, and emotional health. They offer numerous benefits and can be used in a variety of healthcare settings to help individuals manage symptoms and improve overall health. With their focus on natural remedies and holistic approaches to healthcare, yoga therapy and naturopathy offer a unique and effective way to achieve optimal health and wellness.

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Project Report

Under

Minor Research Project

Project Title: To study the impact of Agnihotra Ash in mitigating sewage water pollution.

Duration of Project: 30th Sep 2022 to 30th Sep, 2023

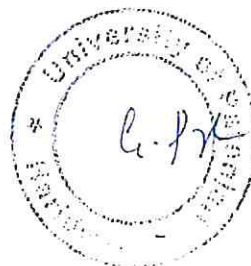
Duration of Project Report: 30th Sep 2022 to 30th Dec 2022 (Three months)

Submitted by: - Dr. Nivedita Sharma, Assistant Professor

Department: Allied and Applied Science, University of Patanjali, Haridwar

Introduction of the Subject: The research topic is taken under seed fund in minor research project category for the duration of one year. The aim behind the research is to show that water will be purified if Agnihotra Ash is mixed with the polluted water. The object of the present experiment was to see effect of *Agnihotra* ash would be able to improve water quality of a Sewage Treatment Plant. Important observation after research shall generate the results as prescribed by the State or Central Pollution Control. As per the environmental law, this is a mandatory step to dispose treated water in ecosystem before matching the permissible standards This kind of research work provides the idea that how Agnihotra ash can be utilised for the betterment of natural resources as well as to mitigate water pollution.

Study Site: 68 MLD Sewage Treatment Plant (STP) at Jagjeetpur, Haridwar (under Namami Gange Programme of NMCG) is selected for the data collection, which was Inaugurated by Honourable Prime Minister Sh. Narendra Modi Ji on 29th Sep, 2020. The STP covers land area of 4.7 acres.





Material and Methods: A study site observation was done for the data collection. Literature survey was done to study the methodology adopted to study various physico-chemical parameters of water to be tested during the study. Quotation demanding the price list of necessary items required during the study period was mailed to three different suppliers. The main focus of this preliminary study (Sep-Dec 2022) is to know about the study site and the methodology to be adopted to calculate water parameters like temp, pH, dissolved oxygen, BOD, COD, nitrates etc. The following methods would be adopted to study various physico-chemical parameters of water samples collected from the study site both untreated as well as treated one.

Temperature- Water and air temperature are measured with a shielded Celsius thermometer.

pH: A relative measure of alkalinity/acidity. This test uses liquid reagent and a colour comparator.

Dissolved Oxygen (DO): A measure of the amount of oxygen dissolved in water. This test uses a two-step procedure. In the first step, the sample is fixed; in the second, it is titrated to determine the level of DO in parts per million (ppm). The samples must be Ph neutralised with an alkaline solution before disposal.

Biochemical Oxygen Demand (BOD): A measure of the oxygen consuming organic matter in a water sample. The testing procedure is same as for DO, except that the DO sample is fixed in the field then titrated immediately, while the BOD sample is left unfixed and stored for five days in the dark at room temp.

Nitrates: A measure of common nutrient. In this test, several reagents are added to the sample to determine the level of nitrates in parts per million (ppm).

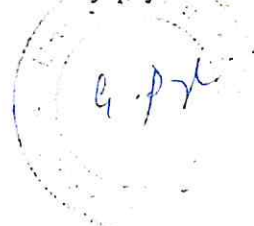
Total Dissolved Solids (TDS) and Salinity: A measure of dissolved solids in a water sample. The test uses a "digital meter"

Turbidity: A measure of water's cloudiness by digital meter.

Total coliform bacteria: A simple presumptive test of the presence of total coliform bacteria. The test uses a lactose broth that changes color from purple to yellow after 48 hrs of room temp. Incubation if coliform bacteria are present.

Results and Discussion


In present study duration from 30th Sep 2022 to 30th Dec 2022, site survey was done and methodology for phase 1 of the study was elaborated which is to study physico-chemical

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parameters of untreated as well as treated water samples collected from sewage treatment plant.

Next Phase Experiment

In the next phase of the study water samples were collected from the site every month and water parameters as stated above are calculated and compared using Agnihotra ash treatment.


Dr. Nivedita - Shorma
(Assistant Professor)



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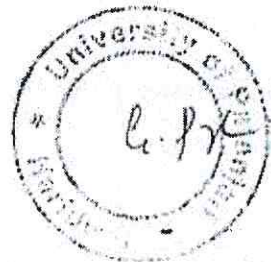
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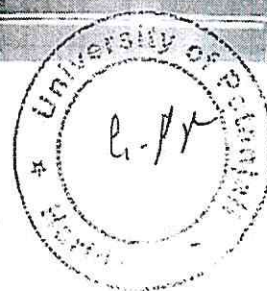
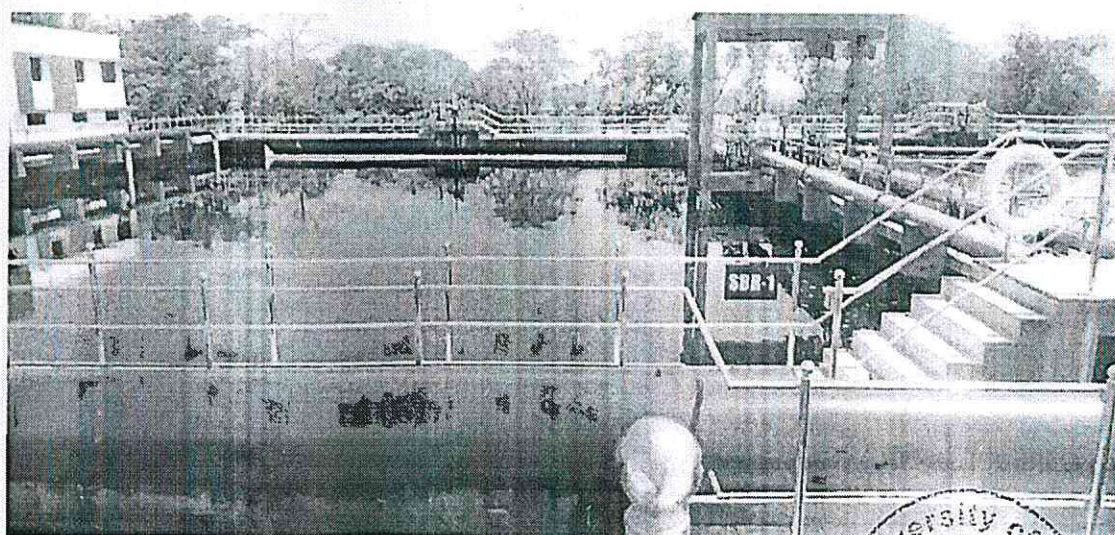
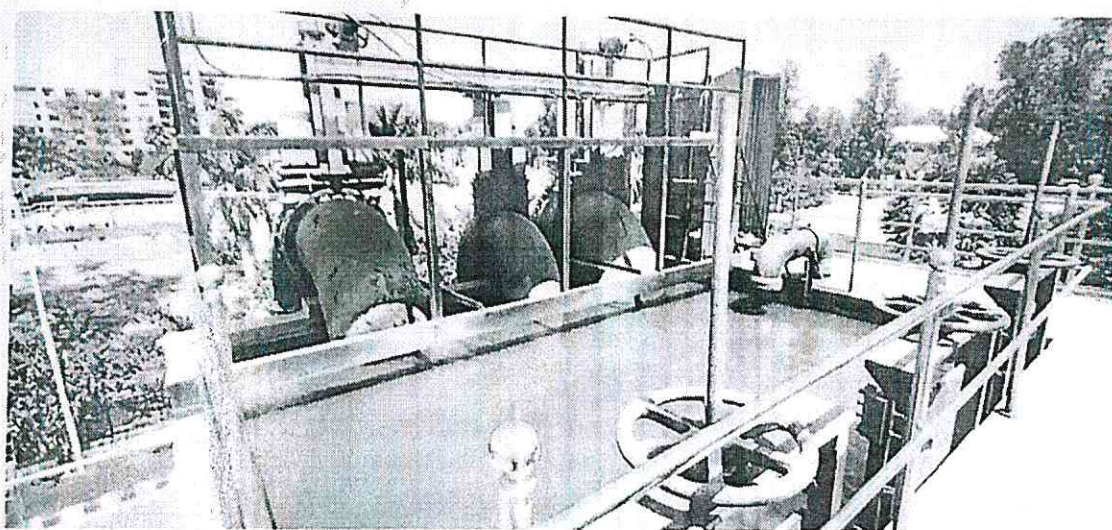
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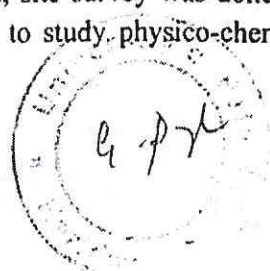
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