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Forward And Backward Bending 10 Times 2 Min. 2. Suryanamaskar 3 Times 15 Min. (2 Min. Rest Between Sets) 3. Shavasana 1 Time 5 Min. 4. Meditation 1 Time 10 Min. Results & Findings The Collected Data Were Classified And Presented In Tabular Form. The Raw

Scores Were Arranged According To Design Of The Study. 2th, 2024

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1Human Consciousness And Yogic Science, Gurukul Kangri University, Haridwar, UK 2School Of Yoga And Health, Dev Sanskriti University, Haridwar, UK 3Applied Yoga And Health, DAV College For Girls, Yamuna Nagar, Haryana E-mails- 1th, 2024

YOGIC SADHAN Final

Purusha Is The Yantri Or Master Of The Machine, The Will Is The Electricity Or Motor-power. 8 This Is The Right Knowledge. [Bhagavad Gita, Chapter 18 - MokshaSanyasa Yoga. Param Pujya Gurudev's Vangmay 3 - Upasana, Samarpan Yog]. How To Use It I 1th, 2024

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Yoga Asanas Have A Strengthening And Toning Impact On The Muscular System Of The Human Body. Yoga Asanas Are Effective In Countering Problems Of Fitness As The Practice Of Yoga Postures Improves Physical Health, Mental Peace And Aids In Spiritual Growth. Muscles Get Stronger And Well Toned If 1th, 2024

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Yoga Understands That Physical Ailments That Are Not Of A Psychosomatic Nature Can Be Easily Managed With Surgery, Medication, Prayers, Douches And Lifestyle Modifications As Required. Various Yoga Techniques May Also Be Used To Help Correct The Physical Ailments And Restore Health With Regeneration, Recuperation And Rehabilitation As Necessary. 2th, 2024

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