

PART-I

PROCESS OF ACHIEVING A TRANQUIL STATE OF *CITTA* ACCORDING TO

PATAÑJALI

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Abstract

Most important in every individual life is having peaceful state of mind. In the modern way of life styles there is a lackage of peacefulness due to the day-to-day activities and getting more and more stressed. Due to this one couldn't able to focus on anything properly, resulting ultimately in ill health. In the *Bhagawadhgīta* at one point of conversation *Arjuna* points out to lord *Śrī kṛṣṇa* in this way that “mind is fickle, turbulent, unyielding. To control it, I think is as difficult as controlling the wind”. So, here this literature reviews the process of achieving tranquil state of mind which has been particularly extracted from *Patañjali Yoga Sūtras*. We can find here a total of 8 techniques in which different personalities fell under these 8 techniques. If one could pick up any technique which best suits him and follow surely leads to peacefulness of mind.

Keywords: Mind, *Patañjali Yoga Sūtras*, Modern way of life, Tranquility

PART-II

EFFECT OF *BHRĀMARI PRĀṆĀYĀMA* ON ATTENTION AND CONCENTRATION IN HEALTHY

ADOLESCENTS

ABSTRACT

Background

Attention has been consistently associated with academic achievement outcomes. This study was aimed at assessing the immediate effect of *Bhrāmari prāṇāyāma*(BhPr) on attention performance on healthy children.

Subjects

One hundred and thirty eight (91 males, 46 females) adolescent students in age range of 12 to 15years (mean±SD, 13.26±1.07 years) participated in the study. All the students were undergoing a ten days intensive Yoga based Personality Development Camp (YPDC) program at a residential yoga center located in south India.

Method

This was a randomized self as control within-subjects design. Assessments were done immediately before and after experimental and control sessions of 10 minutes by using Six Letter Cancellation Task (SLCT).

Intervention

Experimental session consisted of BhPr. The control session was breath awareness (BA).

Results

Significantly higher (36.96%, $p < 0.001$, RMANOVA) performance after BhPr in net SLCT score and significantly lower score (-10.11 %) following BA was observed. Regarding accuracy level, subsequent to BhPr wrong score reduced significantly (-36%), while a significantly increase (200%) was found following BA.

Conclusion

Bhrāmari prāṇāyāma, is a cost-effective means for improving attention performance and accuracy in healthy adolescents and can potentially be implemented within an entire classroom easily.

Key words: Yoga, Children, Cancellation Task, Bhrāmari