

Part- 1

“YOGIC DIET (ĀHĀRA) ACCORDING TO ANCIENT YOGA SCRIPTURES”

Dissertation Submitted by

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ABSTRACT

All talks about Indian ancient sense of diet (*Āhāra*) and purity of food has been very much insisted upon by the scriptures of Hinduism, as the body and the mind, being formed out of the food eaten, are very much influenced by it. What the scripter gives here is the enumeration of the qualities of food and which people dominated by the three constituents of nature prefer. What would be the classification of food in the light of the scriptural description? It agrees with most of the qualities mentioned for *Sāttvika* food. What will be the place given for cheese, which is foul smelling to non-eaters, but has all the good qualities? Apart from this, *Yoga* gives a better solution for suffering community, which will help them to lead their life more conveniently with the outer world.

Part- II

“CONGRUENCE BETWEEN IMPLICIT AND EXPLICIT MEASURES OF SELF-ESTEEM IN YOGA PRACTITIONERS”

Abstract

Background: Social behavior is propelled by implicit attitudes. Self esteem is one of the behavioral attitudes which show wide gap in implicit and explicit measures, which is also a marker of psychologically maladapted attitudes. Practice of *Yoga* bridges this implicit-explicit

attitude gap. A co-relational study to investigate congruence between implicit and explicit measures of self-esteem was done with practitioners and non-practitioners of *Yoga*.

Aims and Objectives: To test the hypothesis that practitioners of *Yoga* have low incongruence between implicit and explicit measures of self esteem. Also to verify whether there is any mean change in implicit and explicit measures of self-esteem.

Methods: A survey study was conducted on a population of yoga practitioners and non-yoga practitioners. Implicit Association Test (IAT) and Rosenberg self-esteem questionnaire were administered.

Data analysis: Data were analyzed using SPSS 16.0. Non-parametric tests, Mann-Whitney U test and Spearman's rank correlation were performed for comparing the mean and correlation between *Yoga* and control groups respectively.

Results: *Yoga* group had significantly higher congruence between implicit and explicit measures of self-esteem.

Conclusion: *Yoga* practitioners have better implicit-explicit self-esteem congruence. Further study is needed to establish the trend of self-esteem congruence among *Yoga* practitioners of varying experience.

Keywords: Self-esteem, *Yoga*, Implicit Association Test (IAT), Rosenberg self-esteem scale