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Research Article

Replica of Behavioural Control through Ancient Yog- A Study Report

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Abstract

Growing number of criminal incidents and laws are indicating that uniquely crime administration is not able to control human behavior. Yet, problem about human behavior and attitude was there in past and there in present time but the difference is in earlier past living life of a person was controlled by social regulation. Ancient sages were notified different rule to control human mind and behavior. Yog is one of that. In this study it was tried to find the exact regulation of yog practice and offered a replica to promote ancient yog practice in present society. It observed during this study that circumstance of yog practice is the main factor to carry the right impact.

Keywords: Psycho-behavioural effect of yog; Human mind; Behavior

1. Introduction

According to the statement of The Ministry of Youth Affairs & Sports, Govt. of India nearly 40% of the total population in India are under the age group 15 to 35. The statistical database of National Crime Record Bureau is indicating major venerable slot is 18 years to 30 years on the aspect of crime and violence [1]. Yet, it is true that law and crime administration is there in India to address the corruption. However, the number of law amendment and crimes has been increased day to day. It means uniquely law is not able to control of human behaviour. As an effect of globalization and modernization, people are enriched lot of benefits. Promotion of medical science providing the stamina to fight with illness, the world comes in a grip for the effect of technical development. From sunrise to sunset life cycle of a person controlled by the machine, to interface with machine life became a mechanized and as effect social ethics, values and humanity were reducing from culture. Simultaneously it has been noticed that substance abuse, murder, rape, sexual harassment and molestation, cruelty in nature, psychological disorder has been occupied the spaces of social ethics, values and humanity in society. Indeed, mostly present generation youths are suffering for this social dynamic. Micro family, lack of space for mental ventilation, easy access of addicting substance, rat race of establishment life influencing to create this miserable social system. Under the process of different formation and changes uncivilized primordial human civilization was flourished in earth on in between 10,000 to 8,000BC (The Arctic Home in the Vedas by Bal Gangadhar Tilak). The first literature in world “*Veda*” was developed from Indian myth in-between 6000BC to 5000BCⁱ. According to the direction of the ancient manuscript of India *yog* is able to control human mind, “*Yogaḥ cittavṛtti nirodhah*” by maharishi *Patanjali* has renowned as a formal definition of *yog*. Perhaps *yog* related different definitions are existed in ancient manuscripts. To fine the effect of *yog* on the human body, mind and behaviour so many studies are already done on the different aspect. However, one of the core objectives of this study to present a replica of *yog* practice based on the psycho-behavioural effect of *yog* practices on the daily life [2, 3].

2. Research Methodology

Research methodology is the spirit of successful research. In this study the research designing was interpreted as follows process:

2.1 Geographical limitation

The geographical limitation of this study was bounded in the urban region of KMA (Kolkata Metropolitan Area) area of West Bengal, India, according to the area map of Kolkata Metropolitan Authority.

2.2 Age group of respondents

Age group of respondent was 15 to 35 years, old people.

2.3 Timeline

The period of the research was August 2014 to August 2016.

2.4 Data collection and analysis process

The methodology of data collection, analysis and interpretation were processed as follows:

2.4.1 Data collection: The study was depended on primary and secondary both database and collection process

had processed through below mention protocols:

- **Primary Data:** Primary database was collected with two times.
- **Sample size:** Collected primary data from 1,000 respondents.
- **Sampling technique:** This research was based on the comparison between the life before yog practice and after yog practice. Respondents were homogeneous. Therefore, primary data was collected through liner snowball sampling technique.
- **Process of data collection:** Primary data collection in this study executed through two different processes as follows:
 - **Interview:** Personal interview was done with below mention process:
 - **Type of interview:** Questionnaire format was finalized based on the report of the pilot survey.
 - **Questionnaire pattern:** Open and closed both types of questions were enlisted in the questionnaire. For the reason to see the impact of yog on the daily life major portion of questions in the questionnaire was formed with particular indicators.
 - **Physical observation:** Physical observation was addressing the gap of interview format. It helped to strengthen the research report

2.4.2 Data tabulation, compilation and analysis

Data tabulation, compilation and analysis processes were processed through different tables.

Here in this study,

- Total score= Number of respondents X 39 (Total number of psycho-behavioural components)
- Score obtain = 2nd round-1st round
- Level of impact= (Score obtain X 100)/ Total score

Below mention regulation chart was used to identify the best regulation of yog practice:

SL. No	Code										
1	SAAA	10	SBAAB	19	SCAA	28	MAAA	37	MBAA	46	MCAA
2	SAAB	11	SBAB	20	SCAB	29	MAAB	38	MBAB	47	MCAB
3	SAAC	12	SBAC	21	SCAC	30	MAAC	39	MBAC	48	MCAC
4	SABA	13	SBBA	22	SCBA	31	MABA	40	MBBA	49	MCBA
5	SABB	14	SBBB	23	SCBB	32	MABB	41	MBBB	50	MCBB
6	SABC	15	SBBC	24	SCBC	33	MABC	42	MBBC	51	MCBC
7	SACA	16	SBCA	25	SCCA	34	MACA	43	MBCA	52	MCCA
8	SACB	17	SBCB	26	SCCB	35	MACB	44	MBCB	53	MCCB
9	SACC	18	SBCC	27	SCCC	36	MACC	45	MBCC	54	MCCC

Above mention 54 codes were developed on the basis of below mention indicators:

1st Code		2nd Code		3rd Code		4th Code	
Type of practice		Period of practice		Time/s in a day practice		Time duration (Per seating) of practice	
Code	Condition	Code	Condition	Code	Condition	Code	Condition
S	Single	A	Below 5 days in a week	A	1 time	A	Below 1 hour
M	Multi	B	5 days in a week	B	2 times	B	1 hour to 2 hours
		C	Regular	C	More than 2 times	C	More than 2 hours

3. Data Interpretation

Reason to enlist the perfect regulation of yog practices total 39 psycho-behavioural components were selected to observe the changes and according to nature psycho-behavioural components were divided into 4 several groups for the expectation to perfect interpretation. Here in this chapter “Group No.-I” has been represented 12 components i.e. a. Depression, b. Frustration, c. Grief, d. Insecurity, e. Jealousy, f. Mental irritation, g. Nervousness, h. Stress, i. Tension, j. Annoy, k. Quarrel intention, l. Malicious intention. “Group No.-II” has been represented 11 components i.e. a. Mental calmness, b. Altruism, c. Patience, d. Social accountability, e. Self-Confidence, f. Empathic outlook, g. Integrity, h. Non-judgmental attitude, i. Non-violence attitude, j. Punctuality, k. Dignity. “Group No.-III” has been represented 11 components i.e. a. Acceptance, b. Adjustment, c. Attention, d. Concentration, e. Impartiality, f. Decision-making time, g. Emotional control, h. Eye-hand coordination, i. Recollection, j. Notice and situation analysis, k. Reacting/ responding time. And lastly “Group No.-IV” has been represented 5 components i.e- a. Avoiding unwanted circumstance, b. Manner, c. Politeness, d. Solidarity, e. Cheerful view respectively. The concept of each psycho-behavioural component is defined in earlier on this chapter. To find the effective and useful yog

regulation based on this research total 54 several types of regulation were incorporated among the regulation panel but it seemed that among the 54 regulations only 39 regulations were practically useful among present generation youth beneficiaries of the theological organization at KMA locality. Therefore, in the time of data interpretation and tabulation rest 15 conditions were usually ignored. Below mention tables (Table number-1 to Table number-5) are representing the impact of yog on particular regulation. Among the below mention tables the code "X", "Y", and "Z" are representing the number of respondents were benefited, level of impact (%) and rank respectively, Although the word "Practice (code)" in right side of every table is indicating the regulation of yog practice. The obtaining numbers of respondent are not same in every regulation, the ranking value of impact factors are also different in each component, except rank 1. The value of rank 1 is 100% and apart from rank-1 the ranking values are depended on the variety of scores obtained.

Below mention Table 1 is representing the issue of the effect of ancient yog based on the regulation of yog practice related to 11 different psycho-behavioural components under category of “Group-I”:

Table 1: Psycho-behavioural impact of yog based on regulation under “Group-I”.

1st psycho-behavioural component of Table 1 is “Depression”. It is observed from above table that based on impact factors total 14 different ranks are found from the column of “Depression” with separate values. The value of rank 1 is 100% and it is seeking among the 39 different regulation total 26 types of regulation are fully able to annihilate the “Depression” i.e. “SABA”, “SACA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAB”, “MBAC”, “MBAA”, “MBCA”.

“MBCB”, “MCAB”, “MCAC”, “MCBB”, “MCCA”, “MCCB”. Apart from rank-1 the value of rank 2 is 98.59%, rank 3 is 97.59%, rank 4 is 97.56%, rank 5 is 96.23%, rank 6 is 96, rank 7 is 95.56%, rank 8 is 95.24%, rank 9 is 94.44%, rank 10 is 93.33%, rank 11 is 93.18%, rank 12 is 92.31%, rank 13 is 85.71% and the value of rank 14 is 80% respectively. Uniquely 26 condition from rank 2 to rank 14 are as “MAAA” from rank 2, “SBAA” from rank 3, “MBBB” from rank 4, “SBAB” from rank 5, “SCAA” from rank 6, “SBBB” from rank 7, “SAAB” from rank 8, “SABB” from rank 9, “MCBA” from rank 10, “MCAA” from rank 11, “MAAA” from rank 12, “SAAA” from rank 13 and condition “SAAC” from rank 14.

2nd psycho-behavioural component of Table 1 is “Frustration” and total 8 types of rank are observed in this division with several impact values. The value of rank 1 is 100%, rank 2 is 98.8%, rank 3 is 97.8%, rank 4 is 97.2%, rank 5 is 96, rank 6 is 95.5%, rank 7 is 90.9% and lastly the value of rank 8 is 82.1%. According to above table total 32 regulations of yog practice are fully applicable to capture “Frustration” in mind i.e. “SAAB”, “SAAC”, “SABA”, “SABB”, “SACA”, “SBAC”, “SBCA”, “SBCB”, “SCAB”, “SCAC”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB”. Although rest 7 conditions are from rank 2 to rank 8 i.e. “SBAA”, “SBBB”, “SBAB”, “SCAA”, “SBBA”, “SCBA” and “SAAA” respectively.

3rd psycho-behavioural component of “Group-I” is Table no.-1 and in this region total 7 ranks are seemed with particular impact value from above table. It is noticed from above table among the total 39 regulations 33 regulations are under rank 1. It means regulation of “SAAC”, “SABA”, “SABB”, “SACA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are able to control “Grief” 100%. Apart from the regulation under rank-1 rest 6 conditions are from rank 2 to rank 7 i.e. “SCAA”, “SBBB”, “SBAA”, “SAAB”, “SBAB” and “SAAA” respectively. In this division value of rank 2 is 98%, rank 3 is 97.78%, rank 4 is 96.39%, rank 5 is 95.25%, rank 6 is 94.34%, rank 7 is 85.71% respectively.

4th psycho-behavioural component of Table 1 is “Insecurity” and total 6 different impact factors are observed on this aspect. It is seeking from above table that out of 39 total 34 regulations i.e. “SAAB”, “SAAC”, “SABA”, “SABB”, “SACA”, “SBAC”, “SBBA”, “SBBB”, “SBCA”, “SBCB”, “SCAB”, “SCAC”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”,

“MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% effectual to dominate the feeling of “Insecurity”. Therefore, those 34 regulations are getting rank 1 and except the regulations under rank 1 rest 5 regulation are from rank 2 to rank 5 with different impact values i.e. regulation “SCAA” from rank 2 with 98% impact value, “SBAA” from rank 3 with 97.59% impact value, “SBAB” from rank 4 with 95.28% impact value, “SCBA” from rank 5 with 90.91% impact value and regulation “SAAA” from rank 6 with 82.14% impact value respectively.

According to Table 1 5th psycho-behavioural component is “Jealousy” and 6 different impact values are seemed in this sector. It is clear from table that out of 39 total 34 regulations i.e. “SAAB”, “SAAC”, “SABA”, “SABB”, “SACA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% capable to control the feelings of “Jealousy”. Except above 34 regulations from rank 1 rest 5 regulations are from rank 2 to rank 6 with different impact factors i.e. regulation “SCAA” from rank 2 with 98% impact value, “SBBB” from rank 3 with 97.78%, “SBAA” from rank 4 with 97.59%, “SBAB” from rank 5 with 95.28% and regulation “SAAA” from rank 6 with impact value 78.57% respectively.

6th psycho-behavioural component of “Group-I” under Table 1 is “Mental irritation” and the information carryout from above table that 7 different impact values are found in this aspect. It is also noticed from table that out of 39 useful regulation total 33 regulation i.e. “SAAC”, “SABA”, “SACA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% capable to dissolve the feeling of “Mental irritation”. Except those 33 regulations from rank 1, rest 6 regulations are from rank 1 to rank 7 with several impact values i.e. condition “SBAB” from rank 2 with the impact value 99.06%, “SBAA” from rank 3 with 98.80%, “SBBB” from rank 4 with 97.78%, “SAAB” from rank 5 with 90.48%, “SAAA” from rank 6 with 85.71%, “SABB” from rank 7 with 83.33% impact value respectively.

7th psycho-behavioural component of Table 1 is “Nervousness” and it is observed from the table that only 3 different impact values are found in this aspect. The remarkable point is out of 39 yog practicing regulation 37 regulations i.e. “SAAB”, “SAAC”, “SABA”, “SABB”, “SACA”, “SBAA”, “SBAB”, “SBAC”, “SBBA”, “SBBB”, “SBCA”,

“SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% accomplished to obliterate the feeling of “Nervousness”. Expect above 37 regulations from rank 1 the regulation “SCBA” is there from rank 2 and “SAAA” from rank 3 with impact factor 90.91% and 78.57% respectively.

8th psycho-behavioural component of Table 1 is “Stress”. On this aspect total 8 kinds of impact factors are found from above table. It is reflecting from the table that out of 39 regulation total 32 regulations i.e. “SAAB”, “SAAC”, “SABA”, “SABB”, “SACA”, “SBAC”, “SBCA”, “SBCB”, “SCAB”, “SCAC”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% applicable to destroy “Stress” from mind. Although except above 32 regulations from rank 1 rest 7 regulations are belonged from rank 2 to rank 8 i.e. regulation “SCAA” from rank 2, “SBBB” from rank 3, “SBAA” from rank 4, “SBAB” from rank 5, “SBBA” from rank 6, “SCBA” rank 7 and “SAAA” from rank 8 with the impact factors of 98%, 97.78%, 97.59%, 97.17%, 95.45%, 90.91% and 89.29% respectively.

9th psycho-behavioural component of Table 1 is “Tension” and total 7 different impact factors are interpreted in this section. Regarding the issue it is noticed that out of the total 39 practicing regulations 33 regulations i.e. “SAAC”, “SABA”, “SABB”, “SACA”, “SBAC”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% capable to control “Tension”. Except above 33 regulations rest 6 regulations are from rank 2 to rank 7 i.e. “SBBB”, “SBAA”, “SBAB”, “SBAB”, “SAAB” and “SAAA” with the impact factors of 97.78%, 97.59%, 97.17%, 95.45%, 95.24% and 85.71 % respectively.

10th psycho-behavioural component of Table 1 is “Annoy” and on this aspect total 8 different impact factors are observed. It is noticed that out of 39 yog practicing regulation 32 types of circumstances i.e. “SAAC”, “SACA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100%

capable to arrest feelings of “Annoy” on mind. Although except above 32 regulation from rank 1 rest 7 regulations are from rank 2 to rank 8 i.e. “SBAB”, “SBAA”, “SBBB”, “SAAB”, “SABA”, “SAAA”, “SABB” with impact values of 99.6%, 98.80%, 97.78%, 90.48%, 88.89%, 85.71% and 83.33% respectively

According to Table 1 11th psycho-behavioural component is “Quarrel intention” and total 7 different impact factors are observed in this portion. On this aspect the significant observation is 33 regulations i.e. “SABA”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% capable to destroy the feelings of “Quarrel intention” on mind. Out of the total 39 practicing regulations except above 33 regulations from rank 1 rest 6 regulation are from rank 2 to rank 7 i.e. “SBAB”, “SBBB”, “SABB”, “SAAB”, “SAAA” and “SAAC” with impact factors of 99.06%, 97.78%, 94.44%, 90.48%, 89.29% and 80% respectively.

12th and last psycho-behavioural component of Table 1 is “Malicious intention”, on this aspect total 7 different impact factors are observed and it is noticed from above table that out of the 39 total 33 yog practicing regulations i.e. “SAAC”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% able to annihilate feeling of “Malicious intention” on mind. Apart above 33 regulation from rank 1 rest 6 regulations are from rank 2 to rank 7 i.e. “SBAB”, “SBBB”, “SAAB”, “SABA”, “SAAA”, “SABB” with impact factors of 99.06%, 97.78%, 90.48%, 80.89%, 85.71% and 83.33% respectively.

Below mention Table 2 is representing the issue of the effect of ancient yog related to 11 different psycho-behavioural components under category of “Group-II”:

Practice (Code)	Total No. of respon- dents	Group-II																														
		a. Mental calmness			b. Altruism			c. Patience			d. Social accountability			e. Self-Confidence			f. Empathic outlook			g. Integrity			h. Non- judgmental			i. Non-violence attitude			j. Punctuality			k. Dignity
X	Y	Z	X	Y	Z	X	Y	Z	X	Y	Z	X	Y	Z	X	Y	Z	X	Y	Z	X	Y	Z	X	Y	Z	X	Y	Z			
SAAA	28	24	85.71	6	20	71.43	7	24	85.71	6	22	78.57	6	24	85.71	6	24	85.71	6	23	82.14	6	24	85.71	5	24	82.14	6				
SAAB	21	19	90.48	4	20	95.24	5	19	90.48	4	19	90.47	4	20	95.24	5	19	90.48	4	19	90.48	4	20	95.24	4	20	95.24	4	19	90.48	4	
SAAC	5	5	100	1	3	60	8	5	100	1	5	100	1	5	100	1	5	100	1	5	100	1	5	100	1	5	100	1				
SABA	9	8	88.89	5	8	88.89	6	8	88.89	5	8	88.89	5	9	100	1	8	88.89	5	8	88.89	5	8	88.89	5	8	88.89	5				
SABB	18	15	83.33	7	16	88.89	6	15	83.33	7	16	88.89	5	15	83.33	7	15	83.33	7	15	83.33	6	16	88.89	5	16	88.89	5				
SACA	2	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1				
SBA	83	83	100	1	83	100	1	83	100	1	83	100	1	83	100	1	83	100	1	83	100	1	83	100	1	83	100	1				
SBAB	10	105	99.06	2	105	99.06	2	105	99.06	2	105	99.06	2	105	99.06	2	105	99.06	2	105	99.06	2	105	99.06	2	105	99.06	2				
SBAC	9	9	100	1	9	100	1	9	100	1	9	100	1	9	100	1	9	100	1	9	100	1	9	100	1	9	100	1				
SBBA	22	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1				
SBBB	45	44	97.78	3	43	95.56	4	44	97.78	3	44	97.78	3	44	97.78	4	44	97.78	3	44	97.78	3	44	97.78	3	44	97.78	3				
SCBA	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1				
SBCB	3	3	100	1	3	100	1	3	100	1	3	100	1	3	100	1	3	100	1	3	100	1	3	100	1	3	100	1				
SCAA	50	50	100	1	49	98	3	50	100	1	50	100	1	49	98	3	50	100	1	50	100	1	50	100	1	50	100	1				
SCAB	53	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1				
SCAC	7	7	100	1	7	100	1	7	100	1	7	100	1	7	100	1	7	100	1	7	100	1	7	100	1	7	100	1				
SCBA	11	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1				
SCBB	22	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1				
SCCA	4	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1				
SCCB	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1				
MA	13	13	100	1	13	100	1	13	100	1	13	100	1	13	100	1	13	100	1	13	100	1	13	100	1	13	100	1				
MAAB	20	20	100	1	20	100	1	20	100	1	20	100	1	20	100	1	20	100	1	20	100	1	20	100	1	20	100	1				
MAAC	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1				
MABA	8	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1				
MABB	8	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1				
MBAA	71	71	100	1	71	100	1	71	100	1	71	100	1	71	100	1	71	100	1	71	100	1	71	100	1	71	100	1				
MBAB	128	128	100	1	128	100	1	128	100	1	128	100	1	128	100	1	128	100	1	128	100	1	128	100	1	128	100	1				
MBAC	11	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1				
MBBA	37	37	100	1	37	100	1	37	100	1	37	100	1	37	100	1	37	100	1	37	100	1	37	100	1	37	100	1				
MBBB	41	41	100	1	41	100	1	41	100	1	41	100	1	41	100	1	41	100	1	41	100	1	41	100	1	41	100	1				
MBCA	4	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1				
MBCB	2	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1				
MCAA	44	44	100	1	44	100	1	44	100	1	44	100	1	44	100	1	44	100	1	44	100	1	44	100	1	44	100	1				
MCAB	53	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1				
MCAC	6	6	100	1	6	100	1	6	100	1	6	100	1	6	100	1	6	100	1	6	100	1	6	100	1	6	100	1				
MCBA	30	30	100	1	30	100	1	30	100	1	30	100	1	30	100	1	30	100	1	30	100	1	30	100	1	30	100	1				
MCBB	21	21	100	1	21	100	1	21	100	1	21	100	1	21	100	1	21	100	1	21	100	1	21	100	1	21	100	1				
MCCA	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1				
MCBC	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1				
Total	1000	988	98.8	982	98.2	988	98.8	987	98.7	989	98.9	988	98.8	987	98.7	989	98.9	988	98.8	991	99.1	989	98.9	988	98.8							

Index: X = No. of respondents benefited // Y=Level of impact (%) // Z=Rank

1st psycho-behavioural component of Table 2 is “Mental calmness” and total 7 different impact values are observed on this aspect. It is noticed from above table that out of the 39 yog practicing regulations 33 regulations i.e. “SAAC”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100 % capable to produce “Mental calmness”. Apart from above 33 regulations from rank 1 rest 6 regulations are from rank 2 to rank 7 i.e. “SBAB”, “SBBB”, “SAAB”, “SAAB”, “SABA”, “SAAA” and “SABB” with the impact values of 99.06%, 97.78%, 90.48%, 88.89%, 85.71% and 83.33% respectively.

2nd psycho-behavioural component of Table 2 under “Group-II” is “Altruism” and regarding the issue of “Altruism” total 8 different impact factors are found. The remarkable observation is among total 39 regulations 31 regulations i.e. “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100%

capable to generate the feelings of “Altruism” on mind. Although except above 31 regulations from rank 1 rest 8 regulations are from rank 2 to rank 8 with different impact values i.e. condition “SBAB” from rank 2 with impact value 99.06%, “SCAA” from rank 3 with 98%, “SBBB” from rank 4 with 95.56%, “SAAB” from rank 5 with 95.24%, “SABA” and “SABB” from rank 6 with 88.89%, “SAAA” from rank 7 with 71.43% and regulation “SAAC” from rank 8 with 60% impact value 60% respectively.

3rd psycho-behavioural component of Table 2 is “Patience” and total 7 several impact values are observed on this aspect. As per the indication of above table out of 39 practicing regulations 33 regulations i.e. “SAAC”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% efficient to produce the feelings of “Patience” on behavioural appearance. Apart from above 33 regulations from rank 1 rest 6 regulations are from rank 2 to rank 7 i.e. “SBAB”, “SBBB”, “SAAB”, “SABA”, “SAAA”, “SABB” with the impact factors of 99.06%, 97.78%, 90.48%, 88.89%, 85.71%, 83.33% respectively.

4th psycho-behavioural component of Table 2 is “Social accountability”, on this aspect total 6 different impact values are seemed from above table. Although the remarkable point is out of total 39 regulations 33 regulations i.e. “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% able to build-up “Social accountability” on behavioural approaches. Apart from above 33 regulations from rank 1 rest 6 regulations are observed from rank 2 to rank 7 based on different impact factor i.e. regulation “SBAB” from rank 2 with 99.06% impact value, “SBBB” from rank 3 with 97.78%, “SAAB” from rank 4 with 90.48%, “SABA” and “SABB” from rank 5 with 88.89%, “SAAA” from rank 6 with 78.57% impact value respectively.

5th psycho-behavioural component of Table 2 is “Self-Confidence” and total 7 several impact factors are seeking on this issue. Particularly it is seemed from above table that among 39 yog practicing regulations 33 regulations i.e. “SAAC”, “SABA”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”,

“MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% able to enhance “Self-Confidence” on personality. Except above 33 regulations from rank 1 rest 7 regulations are from rank 2 to rank 6 i.e. “SBAB”, “SCAA”, “SBBB”, “SAAB”, “SAAA”, “SABB” with the impact factors of 99.06%, 98%, 97.78%, 95.24%, 85.71%, 83.33% respectively.

6th psycho-behavioural component of Table no-2 is “Empathic outlook” and regarding the issue total 7 different kinds of impact values are found from above table. Based on impact value it is observed that out of the total 39 several regulations of yog practices 33 regulations i.e. “SAAC”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% able to incorporate “Empathic outlook” on behaviour. Apart from above 33 regulations from rank 1 rest 6 regulations are from rank 2 to rank 7 i.e. “SBAB”, “SBBB”, “SAAB”, “SABA”, “SAAA”, “SABB” with the impact factors of 99.06%, 97.78%, 90.48%, 88.89%, 85.71%, 83.33% respectively.

7th psycho-behavioural component of Table 2 is “Integrity” and on this aspect total 6 several kinds of impact values are observed. Particularly it is notice from above table that based on impact values total 33 regulations i.e. “SAAC”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” out of total 39 regulations are providing 100% assurance to promote “Integrity” on personality. Except those 33 regulation from rank 1 rest 6 regulation are from rank 2 to rank 6 with several impact factors of i.e. regulation “SBAB” from rank 2 with 99.06% impact factor, “SBBB” from rank 3 with 97.78%, “SAAB” from rank 4 with 90.48%, “SABA” and “SABB” from rank 5 with 88.89% impact value, condition “SAAA” from rank 6 with 82.14% respectively.

8th psycho-behavioural component of Table 2 is “Non-judgmental attitude” and on this aspect total 7 several types of impact factors are seemed from above table. It also observed that based on impact values out of 39 regulation 33 regulations i.e. “SAAC”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% capable to introduce “Non-judgmental attitude” on behaviour. Apart from above 33

regulations from rank 1 rest 6 regulations are from rank 2 to rank 6 with different impact values i.e. condition “SBAB” from rank 2 with 99.06% impact value, “SBBB” from rank 3 with 97.78% impact value, “SAAB” from rank 4 with 95.40% impact values, “SABA” from rank 5 with 88.89% impact value, “SABB” from rank 6 with 83.33% impact value and regulation “SAAA” from rank 6 with 85.71% impact value respectively.

9th psycho-behavioural component of Table 2 is “Non-violence attitude” and on this aspect total 7 types of impact values are observed from above table. It is observed that based on impact values out of 39 regulations 33 regulations i.e. “SAAC”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are providing 100% assurance to promote “Non-violence attitude” on behaviour. Except above 33 regulations from rank 1 rest 6 regulations are from rank 2 to rank 7 i.e. “SBAB”, “SBBB”, “SAAB”, “SAAA”, “SABA”, “SABB” with the impact factors of 99.06%, 97.78%, 95.40%, 92.86%, 88.89%, 83.33% respectively.

10th psycho-behavioural component of Table 2 is “Punctuality” and on this aspect total 6 different kinds of impact values are seemed on above table. Particularly it is seeking that out of total 39 regulations of yog practices 34 regulations i.e. “SAAC”, “SABA”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% capable to initiate the approach of “Punctuality” on behaviour. Apart from above 34 regulations from rank 1 rest 5 regulations are from rank 2 to rank 6 i.e. “SBAB”, “SBBB”, “SAAB”, “SAAA”, “SABB” with the impact factors of 99.06%, 97.78%, 90.48%, 85.71%, 83.33% respectively

11th psycho-behavioural component of Table 2 is “Dignity” and on this aspect total 6 different kinds of impact factors are observed from above table. It is noticed table that among 39 regulations 33 regulations i.e. “SAAC”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% capable to initiate “Dignity” on personality. Apart from above 33 regulations from rank 1 rest 6 conditions are from rank 2 to rank 6 with different impact values i.e. regulation “SBAB” from rank 2 with 91.01% impact value, “SBBB” from rank 3 with 97.78% impact value, “SAAB” from rank 4 with 90.48% impact value,

“SABA” and “SABB” from rank 5 with 88.89% impact value, “SAAA” from rank 6 with 82.14% impact value respectively.

Below mention Table 3 is representing the issue of the effect of ancient yog related to 11 different psycho-behavioural components under category of “Group-III”:

Practice (Code)	Total No. of respondents	a. Acceptance			b. Adjustment			c. Attention			d. Concentration			e. Impartiality			f. Decision making time			g. Emotional control			h. Eye-hand coordination			i. Recollection			j. Notice and situation			k. Reacting/ responding time		
		X	Y	Z	X	Y	Z	X	Y	Z	X	Y	Z	X	Y	Z	X	Y	Z	X	Y	Z	X	Y	Z	X	Y	Z	X	Y	Z			
SAAA	28	23	82.14	7	23	82.14	6	23	82.14	6	25	89.29	5	25	89.29	5	26	92.86	4	24	85.71	12	25	89.29	5	25	89.29	5	25	89.29	5			
SBAA	21	20	95.24	4	20	95.24	4	19	90.48	4	20	95.24	4	19	90.48	4	19	90.48	4	19	90.48	10	19	90.48	4	19	90.48	4	19	90.48	4			
SAAC	5	100	1	5	100	1	5	100	1	5	100	1	5	100	1	5	100	1	5	100	1	5	100	1	5	100	1	5	100	1				
SABA	9	8	88.89	5	8	88.89	5	8	88.89	5	8	88.89	6	8	88.89	6	8	88.89	6	8	88.89	11	8	88.89	6	8	88.89	6	8	88.89	6			
SABB	18	15	83.33	6	16	88.89	5	16	88.89	5	16	88.89	6	16	88.89	6	15	83.33	7	15	83.33	14	15	83.33	7	16	88.89	6	15	83.33	8			
SCA	2	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1			
SBAA	83	83	100	1	83	100	1	83	100	1	83	100	1	83	100	1	83	100	1	83	100	1	83	100	1	83	100	1	83	100	1			
SBAB	106	105	99.06	2	105	99.06	2	105	99.06	2	105	99.06	2	105	99.06	2	103	97.17	5	105	99.06	2	105	99.06	2	105	99.06	2	105	99.06	2			
SBAC	9	9	100	1	9	100	1	9	100	1	9	100	1	9	100	1	9	100	1	9	100	1	9	100	1	9	100	1	9	100	1			
SBBA	22	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1			
SBBB	45	44	97.78	3	44	97.78	3	44	97.78	3	44	97.78	3	44	97.78	3	44	97.78	3	44	97.78	3	44	97.78	3	44	97.78	3	44	97.78	3			
SCBA	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1			
SCCB	3	3	100	1	3	100	1	3	100	1	3	100	1	3	100	1	3	100	1	3	100	1	3	100	1	3	100	1	3	100	1			
SCAA	50	50	100	1	50	100	1	50	100	1	50	100	1	50	100	1	50	100	1	49	98	2	50	100	1	50	100	1	50	100	1			
SCAB	53	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1			
SCAC	7	7	100	1	7	100	1	7	100	1	7	100	1	7	100	1	7	100	1	7	100	1	7	100	1	7	100	1	7	100	1			
SCAC	11	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1			
SCBB	22	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1	22	100	1			
SCCA	4	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1			
SCCB	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1			
MAAA	13	13	100	1	13	100	1	13	100	1	13	100	1	13	100	1	13	100	1	13	100	1	13	100	1	13	100	1	13	100	1			
MAAB	20	20	100	1	20	100	1	20	100	1	20	100	1	20	100	1	20	100	1	20	100	1	20	100	1	20	100	1	20	100	1			
MAAC	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1			
MABA	8	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1			
MABB	8	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1	8	100	1			
MBAA	71	71	100	1	71	100	1	71	100	1	71	100	1	71	100	1	71	100	1	71	100	1	71	100	1	71	100	1	71	100	1			
MBAB	128	128	100	1	128	100	1	128	100	1	128	100	1	128	100	1	120	93.75	8	128	100	1	128	100	1	128	100	1	128	100	1			
MBAC	11	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1	11	100	1			
MBBA	37	37	100	1	37	100	1	37	100	1	37	100	1	37	100	1	37	100	1	36	97.30	4	37	100	1	37	100	1	37	100	1			
MBBB	41	41	100	1	41	100	1	41	100	1	41	100	1	41	100	1	41	100	1	39	95.12	7	41	100	1	41	100	1	41	100	1			
MBCA	4	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1	4	100	1	3	75	16	4	100	1	4	100	1	4	100	1			
MBCB	2	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1	2	100	1	1	50	17	2	100	1	2	100	1	2	100	1			
MCAA	44	44	100	1	44	100	1	44	100	1	44	100	1	44	100	1	44	100	1	44	100	1	44	100	1	44	100	1	44	100	1			
MCAC	53	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1	53	100	1			
MICA	6	6	100	1	6	100	1	6	100	1	6	100	1	6	100	1	6	100	1	6	100	1	6	100	1	6	100	1	6	100	1			
MCBA	30	30	100	1	30	100	1	30	100	1	30	100	1	30	100	1	30	100	1	28	93.33	9	30	100	1	30	100	1	30	100	1			
MCBB	21	21	100	1	21	100	1	21	100	1	21	100	1	21	100	1	21	100	1	17	80.95	15	21	100	1	21	100	1	21	100	1			
MCCA	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1			
MCCB	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1	1	100	1			
Total	1000	988	98.8	989	98.9	988	98.8	991	99.1	990	99	989	98.9	990	99	961	96.1	989	98.9	990	99	988	98.8	99	988	98.8	99	988	98.8					

Index: X= No. of respondents benefited // Y=Level of impact (%) // Z=Rank

2nd psycho-behavioural component of Table 3 is “Adjustment” and on this aspect total 6 different types of impact values are observed from above table. It is reflecting from the table that out of the total 39 regulation 33 yog practicing regulations i.e. “SAAC”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% ensure to build-up the approach of “Acceptance”. Except above 33 regulations from rank 1 rest 6 regulations are from rank 2 to rank 7 i.e. “SBAB”, “SBBB”, “SAAB”, “SABA”, “SABB”, “SAAA” with the impact values of 99.06%, 97.78%, 95.24%, 88.89%, 83.33%, 82.14% respectively.

2nd psycho-behavioural component of Table 3 is “Attention” and on this aspect total 6 different types of impact values are observed from above table. It is reflecting from the table that out of the total 39 regulation 33 yog practicing regulations i.e. “SAAC”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% ensure to build-up the approach of “Attention”. Except above 33 regulations from rank 1 rest 6 regulations are from rank 2 to rank 7 i.e. “SBAB”, “SBBB”, “SAAB”, “SABA”, “SABB”, “SAAA” with the impact values of 99.06%, 97.78%, 95.24%, 88.89%, 83.33%, 82.14% respectively.

“MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% capable to develop feelings of “Adjustment”. Although except above 33 regulations from rank 1 rest 6 regulations are from rank 2 to 6 i.e. regulation “SBAB” from rank 2, “SBBB” from rank 3, “SAAB” from rank 4, “SABA” and “SABB” from rank 5, condition “SAAA” from rank 6 with the impact values of 99.06%, 97.87%, 95.24%, 88.89%, 88.89%, 82.14% respectively.

3rd psycho-behavioural component of Table 3 is “Attention” and on this aspect total 6 several impact values are observed. Based on impact value it is seeking from above table that out of the total 39 regulations of yog practices 33 regulations i.e. “SAAC”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% capable to promote “Attention” on behaviour. Although except above 33 regulations from rank 1 rest 6 regulations are from rank 2 to 6 i.e. regulation “SBAB” from rank 2 with 99.06% impact value, “SBBB” from rank 3 with 97.78%, “SAAB” from rank 4 with 90.48%, “SABA” and “SABB” from rank 5 with 88.89%, regulation “SAAA” from rank 6 with 82.14% impact value respectively.

4th psycho-behavioural component of Table 3 is “Concentration” and total 6 different impact factors are observed from the table. Regarding this aspect it is seemed that out of total 39 regulations of yog practice 33 regulations i.e. “SAAC”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are from rank 1 and 100% perfect to build-up “Concentration”. Except the above rest 6 regulations are from rank 2 to rank 6 with several impact factors i.e. regulation “SBAB” from rank 2 with impact value 90.06%, regulation “SBBB” from rank 3 with impact value 97.78%, regulation “SAAB” from rank 4 with impact value 95.24%, regulation “SAAA” from rank 5 with 89.29% impact value and lastly regulations “SABA” and “SABB” from rank 6 with impact factor 88.89%.

5th psycho-behavioural component of Table 3 is “Impartiality” and on the basis of impact value total 6 ranks are seemed on this aspect. This is also the point of discussion that out of the total 39 regulations 33 regulations i.e. “SAAC”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% capable to develop feelings of “Impartiality”. Although except above 33 regulations from rank 1 rest 6 regulations are from rank 2 to 6 i.e. regulation “SBAB” from rank 2, “SBBB” from rank 3, “SAAB” from rank 4, “SABA” and “SABB” from rank 5, condition “SAAA” from rank 6 with the impact values of 99.06%, 97.87%, 95.24%, 88.89%, 88.89%, 82.14% respectively.

“MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are from rank 1 and 100% able to promote “Impartiality”. Except the above regulations rest 6 regulations are from rank 2 to rank 6 i.e. “SBAB” from rank 2 with impact value 99.06%, “SBBB” from rank 3 with impact value 97.78%, “SAAB” from rank 4 with impact value 90.48%, “SAAA” from rank 5 with impact value 89.29%, “SABA” and “SABB” from rank 6 with impact value 88.89% respectively.

6th psycho-behavioural component of Table 3 is “Decision-making time”. Regarding the issue 7 different types of impact factors are found from the table and the major observation is out of 39 yog practicing regulations 33 regulations i.e. “SAAC”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% assuring to provide the ability of “Decision-making time”. Apart from above regulation from rank 1 rest 6 regulations are from the rank 2 to 7 with specific impact value i.e. regulation “SBAB” from rank 2 with impact value 99.06%, “SBBB” from rank 3 with impact value 97.78%, “SAAB” from rank 4 with impact value 90.48%, “SAAA” from rank 5 with impact value 89.29%, “SABA” from rank 6 with impact value 88.89% and lastly “SABB” from rank 7 with impact value 83.33%.

7th psycho-behavioural component of Table 3 is “Emotional control” and regarding above issue total 7 several ranks are observed with different impact values. Although, the significant observation is out of the total 39 regulations 33 regulations i.e. “SAAC”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are from rank 1 and 100% perfect to formulate “Emotional control”. Except the above rest 6 conditions are from rank 2 to rank 7 i.e. “SBAB”, “SBBB”, “SAAA”, “SAAB”, “SABA”, “SABB” with several impact factors of 99.06%, 97.78%, 92.86%, 90.48%, 88.89%, 83.33% respectively.

8th psycho-behavioural component of Table 3 is “Eye-hand coordination” and total 17 different impact factors are observed on this aspect. From above table it is seemed that out of the total 39 yog practicing regulations 23 regulations i.e. “SAAC”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAB”, “SCAC”, “SCBA”, “SCCA”, “SCCB”, “MAAA”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAC”, “MCAA”, “MCAB”, “MCAC”, “MCCA”, “MCCB” are from rank 1 and 100% capable to build-up “Eye-hand coordination” and make a

balance between eye and hand during the physical communication with other. Except the above regulations rest 16 regulations are from rank 2 to rank 17 i.e. "SCAA", "SBBB", "MBBA", "SBAB", "SCBB", "MBBB", "MBAB", "MCBA", "SAAB", "SABA", "SAAA", "MAAB", "SABB", "MCBB", "MBCA", "MBCB" with several impact values of 98%, 97.78%, 97.30%, 97.17%, 95.45%, 95.12%, 93.08%, 93.33%, 90.48%, 88.89%, 85.71%, 85%, 83.33%, 80.95%, 75%, 50% respectively.

9th psycho-behavioural component of Table 3 is "Recollection" and particularly 7 different impact values seeking on this aspect. It is observed from above table that among 39 practicing regulations 33 regulations i.e. "SAAC", "SACA", "SBAA", "SBAC", "SBBA", "SBCA", "SBCB", "SCAA", "SCAB", "SCAC", "SCBA", "SCBB", "SCCA", "SCCB", "MAAA", "MAAB", "MAAC", "MABA", "MABB", "MBAA", "MBAB", "MBAC", "MBBA", "MBBB", "MBCA", "MBCB", "MCAA", "MCAB", "MCAC", "MCBA", "MCBB", "MCCA", "MCCB" are from rank 1 and 100% skilled to develop "Recollection" mechanism on mind. Except the above rest 6 regulations are from rank 2 to rank 7 with several impact factors i.e. "SBAB", "SBBB", "SAAB", "SAAA", "SABA", "SABB" with impact values of 99.06%, 97.78%, 90.48%, 89.29%, 88.89%, 83.33% respectively.

10th psycho-behavioural component of Table 3 is "Notice and situation analysis" and regarding the issue total 6 impact factors are observed from above table. The significant observation on this aspect is out of the total 39 regulations 33 regulations i.e. "SAAC", "SACA", "SBAA", "SBAC", "SBBA", "SBCA", "SBCB", "SCAA", "SCAB", "SCAC", "SCBA", "SCBB", "SCCA", "SCCB", "MAAA", "MAAB", "MAAC", "MABA", "MABB", "MBAA", "MBAB", "MBAC", "MBBA", "MBBB", "MBCA", "MBCB", "MCAA", "MCAB", "MCAC", "MCBA", "MCBB", "MCCA", "MCCB" are from rank 1 and 100% capable to enhance the power of "Notice and situation analysis". Although, apart from above 30 practicing regulation rest 6 regulations are from rank 2 to rank 6 with several impact values i.e. regulation "SBAB" from rank 2 with impact value 99.06%, regulation "SBBB" from rank 3 with impact value 97.78%, regulation "SAAB" from rank 4 with impact value 90.48%, regulation "SAAA" from rank 5 with impact value 89.29% and lastly regulations "SABA" and "SABB" from rank 6 with impact value 88.89% respectively.

11th psycho-behavioural component of Table 3 is "Reacting/ responding time" and particularly 8 different impact factors are observed on above context. From above table it is observed that out of the total 39 regulations 32 regulations i.e. "SAAC", "SACA", "SBAA", "SBAC", "SBBA", "SBCA", "SBCB", "SCAA", "SCAB", "SCAC", "SCBA", "SCBB", "SCCA", "SCCB", "MAAA", "MAAB", "MAAC", "MABB", "MBAA", "MBAB", "MBAC", "MBBA", "MBBB", "MBCA", "MBCB", "MCAA", "MCAB", "MCAC", "MCBA", "MCBB", "MCCA", "MCCB" are from rank 1 and 100% capable to enhance the power of "Reacting/ responding time". Except the above rest 7 regulations are from rank 2 to rank 8 with several impact factors i.e. "SBAB", "SBBB", "SAAB", "SAAA", "SABA", "SABB", "SCCA", "SCCB" with impact values of 99.06%, 97.78%, 90.48%, 89.29%, 88.89%, 83.33%, 80.95% respectively.

“MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are from rank 1 and 100% perfect to organize “Reacting/ responding time” during physical communication. Except the above rest 7 regulations are from rank 2 to rank 8 with several impact factors i.e. “SBAB”, “SBBB”, “SAAB”, “SAAA”, “SABA”, “MABA”, “SABB” with impact value 90.06%, 97.78%, 90.48%, 89.29%, 88.89%, 87.5%, 83.33% respectively.

Below mention Table 4 is representing the issue of the effect of ancient yog related to 5 different psycho-behavioural components under category of “Group-IV”:

Practice (Code)	Total No. of respondents	Group-IV												
		a. Avoiding unwanted circumstance			b. Manner			c. Politeness			d. Solidarity			e. Cheerful view
		X	Y	Z	X	Y	Z	X	Y	Z	X	Y	Z	
SAAA	28	25	89.29	5	24	85.71	5	24	85.71	6	23	82.14	6	
SAAB	21	18	85.71	6	19	90.48	4	19	90.48	5	19	90.48	3	
SAAC	5	5	100	1	5	100	1	5	100	1	5	100	1	
SABA	9	9	100	1	9	100	1	9	100	1	8	88.89	4	
SABB	18	15	83.33	7	15	83.33	6	15	83.33	7	15	83.33	5	
SACA	2	2	100	1	2	100	1	2	100	1	2	100	1	
SBAA	83	83	100	1	83	100	1	82	98.80	3	83	100	1	
SBAB	106	105	99.06	2	105	99.06	2	105	99.06	2	105	99.06	1	
SBAC	9	9	100	1	9	100	1	9	100	1	9	100	1	
SBBA	22	22	100	1	22	100	1	22	100	1	22	100	1	
SBBB	45	44	97.78	3	44	97.78	3	44	97.78	4	44	97.78	2	
SBCA	1	1	100	1	1	100	1	1	100	1	1	100	1	
SBCB	3	3	100	1	3	100	1	3	100	1	3	100	1	
SCAA	50	50	100	1	50	100	1	50	100	1	50	100	1	
SCAB	53	53	100	1	53	100	1	53	100	1	53	100	1	
SCAC	7	7	100	1	7	100	1	7	100	1	7	100	1	
SCBA	11	11	100	1	11	100	1	11	100	1	11	100	1	
SCBB	22	22	100	1	22	100	1	22	100	1	22	100	1	
SCCA	4	4	100	1	4	100	1	4	100	1	4	100	1	
SCCB	1	1	100	1	1	100	1	1	100	1	1	100	1	
MAAA	13	13	100	1	13	100	1	13	100	1	13	100	1	
MAAB	20	19	95	4	20	100	1	20	100	1	20	100	1	
MAAC	1	1	100	1	1	100	1	1	100	1	1	100	1	
MABA	8	8	100	1	8	100	1	8	100	1	8	100	1	
MABB	8	8	100	1	8	100	1	8	100	1	8	100	1	
MBAA	71	71	100	1	71	100	1	71	100	1	71	100	1	
MBAB	128	128	100	1	128	100	1	128	100	1	128	100	1	
MBAC	11	11	100	1	11	100	1	11	100	1	11	100	1	
MBBA	37	37	100	1	37	100	1	37	100	1	37	100	1	
MBBB	41	41	100	1	41	100	1	41	100	1	41	100	1	
MBCA	4	4	100	1	4	100	1	4	100	1	4	100	1	
MBCB	2	2	100	1	2	100	1	2	100	1	2	100	1	
MCAA	44	44	100	1	44	100	1	44	100	1	44	100	1	
MCAB	53	53	100	1	53	100	1	53	100	1	53	100	1	
MCAC	6	6	100	1	6	100	1	6	100	1	6	100	1	
MCBA	30	30	100	1	30	100	1	30	100	1	30	100	1	
MCBB	21	21	100	1	21	100	1	21	100	1	21	100	1	
MCCA	1	1	100	1	1	100	1	1	100	1	1	100	1	
MCCB	1	1	100	1	1	100	1	1	100	1	1	100	1	
Total	1000	988	98.8		989	98.9		988	98.8		987	98.7		

Index: X= No. of respondents benefited // Y=Level of impact (%) // Z=Rank

Table 4: Psycho-behavioural impact of yog based on regulation of “Group-IV”.

1st psycho-behavioural component of Table 4 is “Avoiding unwanted circumstance” and on this aspect total 7 several impact values are found. Based on impact value it is point out that out of the total 39 regulations of yog practices 33 regulations i.e. “SAAC”, “SABA”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCCB” are from rank 1 and 100% perfect to organize “Reacting/ responding time” during physical communication. Except the above rest 7 regulations are from rank 2 to rank 8 with several impact factors i.e. “SBAB”, “SBBB”, “SAAB”, “SAAA”, “SABA”, “MABA”, “SABB” with impact value 90.06%, 97.78%, 90.48%, 89.29%, 88.89%, 87.5%, 83.33% respectively.

“MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% capable to build-up the approach of “Avoiding unwanted circumstance”. Although except above 33 regulation from rank 1 rest 6 regulations are from rank 2 to 7 i.e. “SBAB”, “SBBB”, “MAAB”, “SAAA”, “SAAB”, “SABB” with the impact values of 96.06%, 97.78%, 95%, 89.29%, 85.71%, 83.33% respectively.

2nd psycho-behavioural component of Table 4 is “Manner” and based on impact value 6 different kinds of impact factors are found. From above table it is observed that out 39 regulations of yog practices 34 regulations i.e. “SAAC”, “SABA”, “SACA”, “SBAA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% capable to promote “Manner” on behaviour. Although except above 34 regulations from rank 1 rest 5 regulations are from rank 2 to 6 i.e. “SBAB”, “SBBB”, “SAAB”, “SAAA”, “SABB” with the impact values of 99.06%, 97.78%, 90.48%, 85.71%, 83.33% respectively.

3rd psycho-behavioural component of Table 4 is “Politeness” and total 7 several impact values are observed on this section. It is noticed from above table that among 39 yog practicing regulation 33 regulations i.e. “SAAC”, “SABA”, “SACA”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% skilled to devolve the feelings of “Politeness” on behaviour. Although except above 33 regulations from rank 1 rest 6 regulations are from rank 2 to 7 i.e. “SBAB”, “SBAA”, “SBBB”, “SAAB”, “SAAA”, “SABB” with the impact values of 99.06%, 98.80%, 97.78%, 90.48%, 85.71%, 83.33% respectively.

4th psycho-behavioural component of Table 4 is “Solidarity” and on above aspect total 6 several impact values are seemed. Based on impact value it is observed that out of the total 39 regulations 34 regulations of yog practices i.e. “SAAC”, “SACA”, “SBAA”, “SBAB”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% capable to increase the feelings of “Solidarity” on behaviour. Although except above 34 regulations from rank 1 rest 5 regulations are from rank 2 to 6 i.e. “SBBB”, “SAAB”, “SABA”, “SABB”, “SAAA” with the impact values of 97.78%, 90.48%, 88.89%, 83.33%, 82.14% respectively.

Lastly 5th psycho-behavioural component of Table 4 is “Cheerful view” and regarding the context total 5 several impact values are seemed on above table. Based on impact value it is observed that out of the total 39 regulations of yog practices 34 regulations i.e. “SAAC”, “SACA”, “SBAA”, “SBAB”, “SBAC”, “SBBA”, “SBCA”, “SBCB”, “SCAA”, “SCAB”, “SCAC”, “SCBA”, “SCBB”, “SCCA”, “SCCB”, “MAAA”, “MAAB”, “MAAC”, “MABA”, “MABB”, “MBAA”, “MBAB”, “MBAC”, “MBBA”, “MBBB”, “MBCA”, “MBCB”, “MCAA”, “MCAB”, “MCAC”, “MCBA”, “MCBB”, “MCCA”, “MCCB” are 100% able to incorporate the outlooks of “Cheerful view” on behaviour. Indeed, except the above 34 regulations from rank 1 rest 5 regulations are from rank 2 to 5 i.e. regulation “SBBB” from rank 2 with impact value 97.98%, “SAAB” from rank 3 with impact value 90.48%, “SABA” and SABB from rank 4 with impact value 88.89%, regulation “SAAA” from rank 5 with impact value 82.14% respectively.

4. Conclusion

As a conclusion, it would like to declare that yog practices are able to provide 100% positive impact among 39 different psycho-behavioural components i.e. Depression, Frustration, Grief, Insecurity, Jealousy, Mental irritation, Nervousness, Stress, Tension, Annoy, Quarrel intention, Malicious intention, Mental calmness, Altruism, Patience, Social accountability, Self-Confidence, Empathic outlook, Integrity, Non-judgmental attitude, Non-violence attitude, Punctuality, Dignity, Acceptance, Adjustment, Attention, Concentration, Impartiality, Decision making time, Emotional control, Eye-hand coordination, Recollection, Notice and situation analysis, Reacting/ responding time Avoiding unwanted circumstance, Manner, Politeness, Solidarity and Cheerful view.

The method of BCC (Behaviour Change Communication) in social work is renowned as useful practice. It is defined as “An interactive process with communities (as integrated with an overall program) to develop tailored messages and approaches using a variety of communication channels to develop positive behaviors; promote and sustain individual, community and societal behavior change; and maintain appropriate behaviors.” On the basis of above definition and result of yog practices among 39 different psycho-behavioural components of daily life it would like to declare that yog practices are also renowned as a method of BCC.

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ⁱ *The Arctic Home in the Vedas*, Chapter-XIII, Page- 390