

TABLE OF CONTENTS

TITLE		Page No
Certificate by the supervisor		ii
Declaration by the scholar		iii
Dedication		iv
Acknowledgements		v
Table of Contents		vi
List of Tables		ix
List of Illustrations		xi
Abbreviations		xii
Chapter I	INTRODUCTION	1-34
1.1	Yoga	2
1.2	Meditation	5
1.3	Yoga Nidra	6
1.4	Benefits of Yoga Nidra	10
1.5	Transcendental Meditation	12
1.6	Benefits of Transcendental Meditation	14
1.6.1	Physiological Benefits	15
1.6.2	Psychological Benefits	16
1.7	Physiological parameters	17
1.8	Psychological Parameters	20
1.9	Need of the Study	24
1.10	Objectives of the Study	27
1.11	Statement of the Problem	28
1.12	Hypotheses	28
1.13	Significance of the Study	28
1.14	Delimitations	30
1.15	Limitations	31
1.16	Definition of the Technical Terms	32
1.16.1	Yoga	32
1.16.2	Yoga Nidra	32
1.16.3	Transcendental Meditation	32
1.16.4	Resting Pulse Rate	32
1.16.5	Blood Pressure	32
1.16.6	Systolic Blood Pressure	33
1.16.7	Diastolic Blood Pressure	33
1.16.8	Blood sugar	33
1.16.9	Psychology	33
1.16.10	Anxiety	34

TABLE OF CONTENT		
1.16.11	Motivation	34
1.16.12	Self confidence	34
Chapter II	REVIEW OF RELATED LITERATURE	35-98
2.1	Studies Pertaining to Yogic Practices	35
2.2	Studies Pertaining to Yogic Nidra Practices	69
2.3	Studies Pertaining to Transcendental Meditation	85
2.4	Summary of the Literature	97
Chapter III	METHODOLOGY	99-111
3.1	Overview	99
3.2	Selection of the Subjects	99
3.3	Selection of the Variables	100
3.3.1	Independent Variables	100
3.3.2	Dependent Variables	101
3.3.2.1	Physiological Parameters	101
3.3.2.2	Psychological Variables	101
3.4	Research Flow Chart	101
3.5	Selection of Tests	103
3.6	Orientation to the Subjects	103
3.7	Reliability of the Data	104
3.8	Training Program	105
3.9	Administration of the Tests	105
3.9.1	Resting Heart Rate	105
3.9.2	Estimation of Systolic and Diastolic Blood Pressure	106
3.9.3	Estimation of Blood Sugar	107
3.9.4	Assessment of Anxiety	107
3.9.5	Motivation	108
3.9.6	Self-Confidence	109
3.10	Collection of Data	110
3.11	Statistical Techniques	110
Chapter IV	ANALYSIS OF THE DATA AND RESULTS OF THE STUDY	112-161
4.1	Overview	112
4.2	Analysis of the Data	113
4.2.1	Analysis of Resting Pulse Rate	113
4.2.2	Analysis of Systolic Blood Pressure	118
4.2.3	Analysis of Diastolic Blood Pressure	123
4.2.4	Analysis of Fasting Blood Sugar	128
4.2.5	Analysis of blood Sugar (after food)	133
4.2.6	Analysis of Anxiety	138
4.2.7	Analysis of Motivation	143
4.2.8	Analysis of Self Confidence	148
4.2.9	Results of the Study	153
4.3	Discussion on Findings	153

TABLE OF CONTENT		
4.4	Discussion on Hypotheses	160
Chapter V	SUMMARY, CONCLUSION AND RECOMMENDATIONS	162-166
5.1	Summary	162
5.2	Conclusion	164
5.2.1	Psychological Parameters	164
5.2.2	Physiological Parameters	165
5.3	Recommendations	165
	BIBLIOGRAPHY	167-188
	Books	167
	Journals	169
	Internet Sources	188
	APPENDICES	189
I	Consent Form	189
II	Anxiety Questionnaire	190
	Motivation Questionnaire	192
	Self confidence Questionnaire	195
III	Training Schedule	197
IV	Published Articles	208