



Influence of yoga Nidra on selected physical fitness components among paramilitary personnel in India

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Abstract

Introduction: The purpose of the research was to find out the influence of yoganidra on selected physical fitness components among paramilitary personnel. Currently in order to obtain good health and wellness, the training schedule had been fixed according to the result of the pilot study. The training intensity and load had been increased every four weeks once, as Yoganidra is an idea tool to measure the state of health and wellness through test and retest method. Objectives: To analyse the influence of yoganidra on selected physical fitness components among paramilitary personnel from the selected variables.

Methodology: 320 paramilitary personnel were selected as subjects through random group design and their aged ranged between 35 to 40 years, subjects were divided into four equal groups: Experimental Group I (n=80) Yoganidra training (YNTG), Experimental Group II (n=80) Wellness training programme (WTPG), experimental group III (n=80) Combination of Yoganidra with Wellness training programme (CYNWTPG) and Group IV (n=80) control group (CG). The study was formulated as a pretest and posttest random group design, the selected subjects were initially tested on criterion variables used in this study and this was considered as the pre-test. After assessing the pre-test, the subjects belonging to Experimental Groups underwent to their training programme respectively three days a week for a period of 24 weeks.

Statistical technique: Analysis of Covariance (ANCOVA) was applied to determine whether the three programme of training programme produced significantly improvements on selected variables after 24 weeks of training (Fisher, 1994).

Conclusion: It was concluded that the combination of yoganidra with wellness training programme group had produced more significant improvement than the EP-I (YNTG), EP-II (WTPG) and Control Group (CG) in Cardio respiratory endurance (CRE), Flexibility (F) and Mean arterial blood pressure (MABP).

Keywords: yoganidra, health, wellness and paramilitary

1. Introduction

Through physical activities alone people were able to survive in this world. The story of evolution throws some light on the nature and types of activities which is an essential part of modern physical activities which are to be fit for day-to-day existence and to meet the occasional emergencies that arise. Whatever may the emergency that trust itself on individuals, the human being has to readjust and carry on. Proper growth and maintenance of good health, participation in daily physical activities is an indispensable one. The high level of physical fitness comes from years of daily experience in a selected variety of vigorous physical activities. It is a biological principle that function builds structure and structure decide function. Man needs vigorous exercises for growth and development.

It is a state of conscious deep sleep. During the practice of Yoga-Nidra, one appears to be sleep, but the consciousness is functioning at the deeper level of awareness. It is sleep with a trace of deep awareness. It is state of mind in between wakefulness and dream. Normally when we sleep, we lose track of our self and cannot utilize the capacity of mind. Yoganidra enables the person to be conscious in this state and nurture the seed of great will power, inspire the higher self, and enjoy the vitality of life (Swami Satyananda Saraswati, 1998) [1].

Stages of Yoganidra Preparation, sankalpa, rotation of consciousness, breath awareness, opposite feelings and sensations, visualization and ending the practice. Benefits

minimizes tension, trains the mind, relaxes the mind, clears up the unconscious, awakens creativity, enhances memory and learning capacity, counteracts stress, manages psychological disorders and manages psychosomatic diseases.

The World Health Organization (WHO) formulated a definition of health in 1970 that has influenced the medical model of definition of health care. Health was defined as “a state of complete physical, mental and social well being, not merely the absence of disease of infirmity”. This definition has paved for the wellness or for a more holistic approach care. Philosophically, the wellness movement could have its roots in the Greek civilization because the concept includes wholeness of mind and body and in the Greek culture: programs of physical became a systematic part of overall education. WHO (1946).

Barrow has stated that “Fitness include the mental, emotional, social as well as the physical aspects and all these components of total fitness play a significant role for a full and happy life. Physical fitness is one’s highest possession and it is a pathway to lead healthful living. It has to be earned through a daily routine of physical exercises” (Barrow, 1990) [5].

2. Methodology

For this purpose of the study 320 Police Professionals from Special Police Training College, Coimbatore District of Tamilnadu were randomly selected as subjects. Their age was

ranged between 30 to 45 years. Only the paramilitary personnel who were willing to participate in the experimental study were included in this study. The selected subjects were segregated into four equal groups consisting of 80 each by adopting random procedure. Experimental group I (n=80) underwent Yoganidra training (YNTG), Experimental group II (n=80) underwent Wellness training programme (WTPG), Experimental group III (n=80) underwent Combination of Yoganidra with Wellness training programme (CYNWTPG) and group IV (n=80) acted as control group (CG).

The selected subjects were initially tested on criterion selected variables like Cardio respiratory endurance, Muscular strength and endurance, Flexibility and Mean arterial blood pressure this was considered as the pre-test. After assessing the pre-test, the subjects belonging to Experimental Group I underwent Yoganidra training (YNTG), Experimental Group II underwent Wellness training programme (WTPG), Experimental Group III

underwent Combination of Yoganidra with Wellness training programme (CYNWTPG) three days a week for a period of 24 weeks. Group IV acted as control group (CG), the subjects in control group were not engaged in any training programme other than their regular work. After twenty-four weeks of their training programme again the subjects were tested on the same criterion variables as such in the pretest and considered this as the posttest. The collected data have been processed by using Analysis of Covariance (ANCOVA) to determine if there was any significant difference among the treatment means of each variable after 24 weeks of training (Fisher, 1994). When analysis of covariance showed significant differences between treatment means, scheffee’s post hoc test (Scheffé, 1959) was applied to test the significance of difference between the paired adjusted means at 0.05 level of confidence.

2.1 Selection of test items

Table 1

S. No	Variables	Test Items	Unit of Measures
1	Cardio respiratory endurance	12 minutes cooper test	In meters
2	Muscular strength and endurance	sit-ups	In numbers
3	Flexibility	Sit and Reach test	In centimetres
4	Mean arterial blood pressure	sphygmomanometer	mmHg

3. Results and Discussion

Table 3.1: Analysis of co variance of pretest post test and adjusted post test mean values among experimental groups and control group on cardio respiratory endurance

Test	Yoganidra Training (YNTG)	Wellness Training Programme (WTPG)	Combination of Yoganidra with Wellness Training Programme (CYNWTPG)	Control Group (CG)	Source of variance	df	Sum of Square	Mean Square	F-ratio
Pre-test Mean	2144.43	2179.12	2133.50	2110.35	B / S	3	196647.45	65549.15	1.73
					W / S	316	11942002.63	37791.14	
Post-test Mean	2176.42	2214.57	2191.68	2114.61	B / S	3	439255.24	146418.41	3.78*
					W / S	316	12233919.34	38714.93	
Adjusted Post-test Mean	2173.84	2177.32	2200.03	2146.10	B / S	3	116996.64	38998.88	40.52*
					W / S	315	303134.47	962.33	

*Significant at 0.05 level of confidence

Table 3.1 reveals that the obtained pre-test mean values of Yoganidra training group (YNTG), Wellness training programme group (WTPG), Combination of Yoganidra with Wellness training programme group (CYNWTPG) and Control Group (CG) were 2144.43, 2179.12, 2133.50 and 2110.35 respectively for Cardio Respiratory Endurance.

The ‘F’ value observed for the pre-test on Cardio Respiratory Endurance was 1.73, since it fails to reach the critical value of 2.72 for the degree of freedom of 3 and 316 at 0.05 level of confidence.

The post-test mean values of Yoganidra training group (YNTG), Wellness training programme group (WTPG), Combination of Yoganidra with Wellness training programme group (CYNWTPG) and Control Group (CG) were 2176.42, 2214.57, 2191.68 and 2114.61 respectively for Cardio Respiratory Endurance.

The ‘F’ value observed for the post-test on Cardio Respiratory Endurance was 3.78, since it was greater than the critical value of 2.72 for the degree of freedom of 3 and 316 at 0.05 level of confidence. The observed F-value on post test means among the groups namely Yoganidra training group (YNTG), Wellness

training programme group (WTPG), Combination of Yoganidra with Wellness training programme group (CYNWTPG) and Control Group (CG) on Cardio Respiratory Endurance was highly significant.

The adjusted post-test mean values of Yoganidra training group (YNTG), Wellness training programme group (WTPG), Combination of Yoganidra with Wellness training programme group (CYNWTPG) and Control Group (CG) were 2173.84, 2177.32, 2200.03 and 2146.10 respectively for Cardio Respiratory Endurance.

The ‘F’ value observed for the adjusted post-test on Cardio Respiratory Endurance was 40.52, since it was greater than the critical value of 2.72 for the degree of freedom of 3 and 316 at 0.05 level of confidence. The observed F-values on adjusted post-test means among the groups namely Yoganidra training group (YNTG), Wellness training programme group (WTPG), Combination of Yoganidra with Wellness training programme group (CYNWTPG) and Control Group (CG) on Cardio Respiratory Endurance was highly significant as the value was higher than the required critical value.

Thus, the formulated hypothesis was accepted for this variable. In order to find out which intervention programme used in the present study was the source for the significance of adjusted

means was tested by Scheffee’s post hoc test. The results of the same are presented in the table – 3.1.1

Table 3.1.1: Scheffee’s post hoc values of paired mean differences among experimental groups and control group on cardio respiratory endurance

Yoganidra Training (YNTG)	Wellness Training Programme (WTPG)	Combination of Yoganidra with Wellness Training Programme (CYNWTPG)	Control Group (CG)	Mean difference	Confidence Interval
2173.9	2177.3			3.47*	2.63
2173.9		2200.0		26.18*	
2173.9			2146.1	27.75*	
	2177.3	2200.0		22.71*	
	2177.3		2146.1	31.22*	
		2200.0	2146.1	53.93*	

* Significant at 0.05 level

Table – 3.1.1 showing the obtained mean differences between Yoganidra training (YNTG) and Wellness training programme (WTPG), Yoganidra training (YNTG) and Combination of Yoganidra with Wellness training programme (CYNWTPG), Yoganidra training (YNTG) and Control Group (CG), Wellness training programme (WTPG) and Combination of Yoganidra with Wellness training programme (CYNWTPG), Wellness training programme (WTPG) and Control Group (CG), Combination of Yoganidra with Wellness training programme (CYNWTPG) and Control Group (CG) were 3.47, 26.18, 27.75,

22.71, 31.22 and 53.93 respectively. The required confidence interval value was 2.63.

Since the obtained mean differences between control group and experimental groups were greater than the obtained confidence interval value on Cardio Respiratory Endurance, it was concluded that the Yoganidra training group (YNTG) and Combination of Yoganidra with Wellness training programme group (CYNWTPG) increased the Cardio Respiratory Endurance better than Wellness training programme (WTPG).

Table 3.2: Analysis of co variance of pre test post test and adjusted post test mean values among experimental groups and control group on muscular strength and endurance

Test	Yoganidra Training (YNTG)	Wellness Training Programme (WTPG)	Combination of Yoganidra with Wellness Training Programme (CYNWTPG)	Control Group (CG)	Source of variance	df	Sum of Square	Mean Square	F-ratio
Pre-test Mean	28.06	28.15	28.86	26.42	B / S	3	255.07	85.025	2.38
					W / S	316	11267.92	35.65	
Post-test Mean	33.03	30.66	35.55	26.56	B / S	3	11523.00	1169.01	26.03*
					W / S	316	3507.03	44.90	
Adjusted Post-test Mean	33.01	30.62	35.42	26.75	B / S	3	3213.23	1071.07	24.10*
					W / S	315	13999.84	44.44	

*Significant at 0.05 level of confidence

Table- 3.2 reveals that the pre-test mean values of Yoganidra training group (YNTG), Wellness training programme group (WTPG), Combination of Yoganidra with Wellness training programme group (CYNWTPG) and Control Group (CG) were 28.06, 28.15, 28.86 and 26.42 respectively for Muscular Strength and Endurance.

The ‘F’ value observed for the pre-test on Muscular Strength and Endurance was 2.38, since it fails to reach the critical value of 2.72 for the degree of freedom of 3 and 316 at 0.05 level of confidence.

The post-test mean values of Yoganidra training group (YNTG), Wellness training programme group (WTPG), Combination of Yoganidra with Wellness training programme group (CYNWTPG) and Control Group (CG) were 33.03, 30.66, 35.55 and 26.56 respectively for Muscular Strength and Endurance.

The ‘F’ value observed for the post-test on Muscular Strength and Endurance was 26.03, since it was greater than the critical value of 2.72 for the degree of freedom of 3 and 316 at 0.05 level of confidence. The observed F-value on post test means among the

groups namely Yoganidra training group (YNTG), Wellness training programme group (WTPG), Combination of Yoganidra with Wellness training programme group (CYNWTPG) and Control Group (CG) on Muscular Strength and Endurance was highly significant as the value was higher than the required critical value of 2.72.

The adjusted post-test mean values of Yoganidra training group (YNTG), Wellness training programme group (WTPG), Combination of Yoganidra with Wellness training programme group (CYNWTPG) and Control Group (CG) were 33.01, 30.62, 35.42 and 26.75 respectively for Muscular Strength and Endurance.

The ‘F’ value observed for the adjusted post-test on Muscular Strength and Endurance was 24.10, since it was greater than the critical value of 2.72 for the degree of freedom of 3 and 316 at 0.05 level of confidence. The observed F-values on adjusted post-test means among the groups namely Yoganidra training group (YNTG), Wellness training programme group (WTPG), Combination of Yoganidra with Wellness training programme

group (CYNWTPG) and Control Group (CG) on Muscular Strength and Endurance was highly significant as the value was higher than the required critical value. Thus, the formulated hypothesis was accepted for this variable. In order to find out which intervention programme used in the

present study was the source for the significance of adjusted means was tested by Scheffee’s post hoc test. The results of the same are presented in the table – 3.2.1.

Table 3.2.1: Scheffee’s post hoc values of paired mean differences among experimental groups and control group on muscular strength and endurance

Yoganidra Training (YNTG)	Wellness Training Programme (WTPG)	Combination of Yoganidra with Wellness Training Programme (CYNWTPG)	Control Group (CG)	Mean difference	Confidence Interval
33.01	30.62			2.39*	0.57
33.01		35.42		2.41*	
33.01			26.75	6.26*	
	30.62	35.42		4.80*	
	30.62		26.75	3.87*	
		35.42	26.75	8.67*	

* Significant at 0.05 level

Table – 3.2.1 showing the The obtained mean differences between Yoganidra training (YNTG) and Wellness training programme (WTPG), Yoganidra training (YNTG) and Combination of Yoganidra with Wellness training programme (CYNWTPG), Yoganidra training (YNTG) and Control Group (CG), Wellness training programme (WTPG) and Combination of Yoganidra with Wellness training programme (CYNWTPG), Wellness training programme (WTPG) and Control Group (CG), Combination of Yoganidra with Wellness training programme (CYNWTPG) and Control Group (CG) were 2.39, 2.41, 6.26,

4.80, 3.87, and 8.67 respectively. The required confidence interval value was 0.57.

Since the obtained mean differences between control group and experimental groups were greater than the obtained confidence interval value on Muscular Strength and Endurance, it was concluded the Yoganidra training group (YNTG) and Combination of Yoganidra with Wellness training programme group (CYNWTPG) increased the Muscular Strength and Endurance better than Wellness training programme (WTPG).

Table 3.3: Analysis of co variance of pre test post test and adjusted post test mean values among experimental groups and control group on flexibility

Test	Yoganidra Training (YNTG)	Wellness Training Programme (WTPG)	Combination of Yoganidra with Wellness Training Programme (CYNWTPG)	Control Group (CG)	Source of variance	df	Sum of Square	Mean Square	F-ratio
Pre-test Mean	7.65	8.46	8.31	8.53	B / S	3	39.30	13.10	1.85
					W / S	316	2231.16	7.06	
Post-test Mean	10.68	10.33	9.60	8.83	B / S	3	162.05	54.02	7.92*
					W / S	316	2153.16	6.81	
Adjusted Post-test Mean	10.18	9.55	11.09	8.63	B / S	3	255.55	85.18	24.60*
					W / S	315	1090.56	3.46	

*Significant at 0.05 level of confidence

Table- 3.3 reveals that the pre-test mean values of Yoganidra training group (YNTG), Wellness training programme group (WTPG), Combination of Yoganidra with Wellness training programme group (CYNWTPG) and Control Group (CG) were 7.65, 8.46, 8.31 and 8.53 respectively for Flexibility. The ‘F’ value observed for the pre-test on Flexibility was 1.85, since it fails to reach the critical value of 2.72 for the degree of freedom of 3 and 316 at 0.05 level of confidence. The post-test mean values of Yoganidra training group (YNTG), Wellness training programme group (WTPG), Combination of Yoganidra with Wellness training programme group (CYNWTPG) and Control Group (CG) were 10.68, 10.33, 9.60 and 8.83 respectively for Flexibility. The ‘F’ value observed for the post-test on Flexibility was 7.92, since it was greater than the critical value of 2.72 for the degree of freedom of 3 and 316 at 0.05 level of confidence. The observed F-value on post test means among the groups namely Yoganidra training group (YNTG), Wellness training programme group

(WTPG), Combination of Yoganidra with Wellness training programme group (CYNWTPG) and Control Group (CG) on flexibility was highly significant as the value was higher than the required critical value of 2.72.

The adjusted post-test mean values of Yoganidra training group (YNTG), Wellness training programme group (WTPG), Combination of Yoganidra with Wellness training programme group (CYNWTPG) and Control Group (CG) were 10.18, 9.55, 11.09 and 8.63 respectively for Flexibility.

The ‘F’ value observed for the adjusted post-test on Flexibility was 24.60, since it was greater than the critical value of 2.72 for the degree of freedom of 3 and 316 at 0.05 level of confidence. Thus, the formulated hypothesis was accepted for this variable. In order to find out which intervention programme used in the present study was the source for the significance of adjusted means was tested by Scheffee’s post hoc test. The results of the same are presented in the table – 3.3.1.

Table 3.3.1: Scheffee’s post hoc values of paired mean differences among experimental groups and control group on flexibility

Yoganidra Training (YNTG)	Wellness Training Programme (WTPG)	Combination of Yoganidra with Wellness Training Programme (CYNWTPG)	Control Group (CG)	Mean difference	Confidence Interval
10.18	9.55			0.63*	0.16
10.18		11.09		0.91*	
10.18			8.63	1.55*	
	9.55	11.09		1.54*	
	9.55		8.63	0.92*	
		11.09	8.63	2.46*	

* Significant at 0.05 level

Table - 3.3.1 showing the obtained mean differences between Yoganidra training (YNTG) and Wellness training programme (WTPG), Yoganidra training (YNTG) and Combination of Yoganidra with Wellness training programme (CYNWTPG), Yoganidra training (YNTG) and Control Group (CG), Wellness training programme (WTPG) and Combination of Yoganidra with Wellness training programme (CYNWTPG), Wellness training programme (WTPG) and Control Group (CG), Combination of Yoganidra with Wellness training programme

(CYNWTPG) and Control Group (CG) were 0.63, 0.91, 1.55, 1.54, 0.92, and 2.46 respectively. The required confidence interval value was 0.16.

Since the obtained mean differences between control group and experimental groups were greater than the obtained confidence interval value on Flexibility, it was concluded that the Yoganidra training group (YNTG) and Combination of Yoganidra with Wellness training programme group (CYNWTPG) increased the Flexibility better than Wellness training programme (WTPG).

Table 3.4: Analysis of co variance of pre test post test and adjusted post test mean values among experimental groups and control group on mean arterial blood pressure

Test	Yoganidra Training (YNTG)	Wellness Training Programme (WTPG)	Combination of Yoganidra with Wellness Training Programme (CYNWTPG)	Control Group (CG)	Source of variance	df	Sum of Square	Mean Square	F-ratio
Pre-test Mean	90.47	94.03	89.72	90.26	B / S	3	2094.23	698.07	1.03
					W / S	316	212955.74	673.91	
Post-test Mean	89.22	93.46	88.42	90.05	B / S	3	543.74	181.24	1.49
					W / S	316	38412.83	121.56	
Adjusted Post-test Mean	87.25	90.47	87.58	88.46	B / S	3	498.18	166.06	1.36
					W / S	315	38263.39	121.47	

*Significant at 0.05 level of confidence

Table- 3.4 reveals that the pre-test mean values of Yoganidra training group (YNTG), Wellness training programme group (WTPG), Combination of Yoganidra with Wellness training programme group (CYNWTPG) and Control Group (CG) were 90.47, 94.03, 89.72 and 90.26 respectively for Mean arterial blood pressure.

The ‘F’ value observed for the pre-test on Mean arterial blood pressure was 1.03, since it fails to reach the critical value of 2.72 for the degree of freedom of 3 and 316 at 0.05 level of confidence. The post-test mean values of Yoganidra training group (YNTG), Wellness training programme group (WTPG), Combination of Yoganidra with Wellness training programme group (CYNWTPG) and Control Group (CG) were 89.22, 93.46, 88.42 and 90.05 respectively for Mean arterial blood pressure.

The ‘F’ value observed for the post-test on Mean arterial blood pressure was 1.49, since it fails to reach the critical value of 2.72 for the degree of freedom of 3 and 316 at 0.05 level of confidence. The observed F-value on post test means among the groups namely Yoganidra training group (YNTG), Wellness training programme group (WTPG), Combination of Yoganidra with Wellness training programme group (CYNWTPG) and Control Group (CG) on Mean arterial blood pressure was insignificant.

The adjusted post-test mean values of Yoganidra training group (YNTG), Wellness training programme group (WTPG), Combination of Yoganidra with Wellness training programme

group (CYNWTPG) and Control Group (CG) were 87.25, 90.47, 87.58 and 88.46 respectively for Mean arterial blood pressure.

The ‘F’ value observed for the adjusted post-test on Mean arterial blood pressure was 1.36, since it was lesser than the critical value of 2.72 for the degree of freedom of 3 and 316 at 0.05 level of confidence. The observed F-values on adjusted post-test means among the groups namely Yoganidra training group (YNTG), Wellness training programme group (WTPG), Combination of Yoganidra with Wellness training programme group (CYNWTPG) and Control Group (CG) on Mean arterial blood pressure was insignificant as the value was lesser than the required critical value.

Discussion on the findings

In this study, the Analysis of Covariance (ANCOVA) of physical fitness components was carried in three different experimental groups with the inclusion of different training packages. The same analysis was carried out in control group without inclusion of training programme. From these analyses, it was found that the results obtained from experimental groups had significant improvement on the physical fitness component namely Cardio respiratory endurance, Muscular Strength and Endurance and Flexibility when compared with control group. This was due to influence of different training packages in the analysis of experimental groups. It was interesting to note that the results of (Markil N, Whitehurst M, Jacobs PL, Zoeller RF Oct 2012^[6]; Dr.

Kamakhya Kumar Jan 2005 ^[10]; Dr. Kamakhya Kumar April 2004 ^[11]; Peter Hassmén, Nathalie Koivula and Antti Uutela Jan 2000 ^[9]; U. S. Ray, s. Mukhopadhyaya, S. S. Purkayastha, Vimla asnani, O. S. Tomer, rajendra prashad, Lalan thakur and W. Selvamurthy Jan 2001 ^[11]) also helped to know the various changes in the selected variables cardio respiratory endurance concluded that the Combination of Yoganidra with Wellness training programme (2.73%; $p < 0.05$), was better than Yoganidra training (1.63%; $p < 0.05$), Wellness training programme (1.49%; $p < 0.05$) and Control Group (0.20%; $p < 0.05$). muscular strength and endurance concluded that the Combination of Yoganidra with Wellness training programme (23.15%; $p < 0.05$) was better than Yoganidra training (17.71%; $p < 0.05$), Wellness training programme (8.93%; $p < 0.05$) and Control Group (0.49%; $p < 0.05$). Flexibility concluded that the Combination of Yoganidra with Wellness training programme (15.40%; $p < 0.05$) was better than Yoganidra training (39.61%; $p < 0.05$), Wellness training programme (22.10%; $p < 0.05$) and Control Group (3.52%; $p < 0.05$) and mean arterial blood pressure concluded that the Yoganidra training (1.38%; $p < 0.05$) was better than Combination of Yoganidra with Wellness training programme (1.44%; $p < 0.05$), Wellness training programme (0.61%; $p < 0.05$), and Control Group (0.23%; $p < 0.05$). This in turns helps to lead healthy life style changing to the Paramilitary Personnel.

Conclusions

1. It was concluded that the Yoganidra training has produced a significant improvement on selected physical fitness components namely cardio respiratory endurance, muscular strength and endurance, flexibility and mean arterial blood pressure among paramilitary personnel. Further It was concluded that the Wellness training programme and Combination of Yoganidra with Wellness training programme has produced a significant improvement on selected physical fitness components namely cardio respiratory endurance, muscular strength and endurance and flexibility.
2. It was concluded that the Combination of Yoganidra with Wellness training programme group was more effective than the Yoganidra training group, Wellness training programme group, and Control group in improving the selected physical fitness components namely cardio respiratory endurance, muscular strength and endurance, flexibility and mean arterial blood pressure among paramilitary personnel.

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