

A study of the improvement of Physical and Mental Health through “Yoga nidra”

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The present study aims at the effect of Yoga nidra on Alpha E.E.G. and G.S.R. of college going students. The study was conducted at the yoga clinic of Dev Sanskriti Vishwavidyalaya. Practice time was 30 minutes and the duration was 6 months. The sample consisted of 80 students which includes forty males and forty females. A control group of 30 students (fifteen males and fifteen female) was taken up in the study. The result shows a significant change as Yoga nidra positively increase the Alpha E.E.G. and G.S.R. of the subjects. This indicates the improvement of physical and mental health as a result of practicing Yoga nidra