INTRODUCTION

Since the ancient time, India is always referred as a spiritual country by the world. The reasons of such a referring lies in the fact that our nation has produced exceptional and miraculous epics like the “Mahabharata” and “Ramayana”. These two miraculous and exceptional books and Indian culture have produced a special image of India in eyes of the world.

Our country has produced number of sages, saints and pandits who have made their life beautiful with their right conduits and panances. The tradition set by these spiritual Gurus have been still practiced and taught by various foundations. In the present age (modern age) we can mention the name of shri Ramdev Baba, a founder of Patanjali Yogpitha, and Shri Shri Ravi Shankar, a founder of the “Art of Living” as a propagandist and practitioner of the old spirituality of the ancient sages. These two figures have spread the net of their own teaching throughout the world, and by that they are teaching the ‘Art of Living’, the Art of Living life which right conduct, with bliss and serenity, or the secret of healthy body, etc. They are providing the tools and training for such a living by organizing various types of ‘Yoga’ camps throughout the world.

Shri Shri Ravi Shankar conducts various types of camps to promote his teaching. But it is to be noted that teaches ‘Sudarshan Kriya’ in every types of camps as a compulsory part. The said ‘Sudarshan Kriya’ is pioneered by Shri Shri Ravi Shankar himself. He has adopt that process in his silence meditation. Once in 1982, Shri Shri Ravi Shankar was practicing, ‘Silence meditation’ at the bank of Bhadra river in Karnataka state. In his solitary meditation, he noticed that his respiration process was going with a rhythm. He also noticed harmonious rhythmic movement which was going between his breathing and the stream of water. As he noticed harmony between the stream of water and his respiration an intuition raised in his heart spontaneously. That process is known as a sudarshan kriya with have later been taught by him to the world.

In the same year, Shri Shri set ‘The Art Of Living Foundation’ to spread the importance of ‘Sudarshan Kriya’. With the help of the foundation, he started giving training to volunteers to practice and popularize that new types of process. In the year of 1997 he has established,
International Association for human values in America, and with that he by undertaken amission his ‘Art Of Living” throughout the world.

At the very beginning, various courses of the art of living has been formed by Shri Shri Ravi Shankar. In the process of framing, he formed various courses like Basic courses, Advance courses, Guru advance courses, Shri Shri Yoga courses, S.plus courses (for child), courses for young, courses to train the trainer etc, to get the response. He continued at the beginning, to collect the effect of these courses on the body and mind of the participants. In such a manner, he succeeds to popularizes the art of living throughout the world. The scope of art of living increased day by day, and within time, it has governed the whole country. Now a day the foundation is working in 153 countries.

Assertion of problems

The present researcher is connected with the of living since many years, and has attended numbers of camps organized by the foundation. He has noticed personally the numerous effects on the body of participants. He has got a change or opportunity to spend more time in the company of organizers, volunteers, trainers, district coordinators, regional coordinator, state coordinators, etc. He hence, he should be taken as a part of the whole system of ‘the Art of Living.’ He himself engaged many camps at practical level, and mostly connected to the organization. His connectivity with art of living indicates his knowledge of the topic. Hence, assertion of various problems relating to the process should be taken his personal achievement or gain.

As a connected figure to the art of living, the researcher definitely will get advantage to study the problems relating to participants in process of training. He can note the effect of the, ‘Art of Living’ camps on the body and mind of the participants, and can study the problem. Hence, he forwards his problem in the following manner;

Effect of ‘Sudarshan Kriya’ on the body and mind of participants in the camps of the ‘Art of Living’ in Vidharbha region a critical study.
Statement of the Problem :-

The purpose of the study will be to study Analytical study of Effect by Sudarshan Kriya on the Participant in Vidarbha Art of Living Camp.

Delimitation

1) The present study will be based an interviews, conversation and questionnaires of the selected participants. The researcher will not control the physical, mental and intellectually studies of the participants. He will not be bound to such a condition.

2) The present study of the problem will be concerned to the participants belonging to 18 to 50 age group from the both genders.

3) The present study is not limited to particular camps. It will be related to all of the selected camps.

4) The researcher is not bound to the social and economical conditions of the participants. The social and economical conditions of the participants will not be controlled.

5) The environment, participants and trainers and venue of the art of living camps will not be participants the researcher.

6) The present study is mostly based on the questionnaire and interviews. Hence the researcher is not bound to the time-limitation to get questionnaires from the selected participants. That process will not be controlled by him.

Limitation

1) The present search of problem will be restricted to the participants and trainers who participates in the, ‘Art of Living’ camps. The observation and study will be limited to them.

2) The search of the problem is restricted to physical, mental, and intellectual effects which will go during the, ‘Art of Living’ camps. It will concern to changes that will go with participates.

3) The present study of the problem will discus the method of training Manners of trainers who engage the, ‘Art of Living’ camps.

4) The various types of the, ‘Art of Living’ camps will be studied to get answer to the problem.
5) The present study of the problem is mostly restricted to the particular age group. It will put special focus on the participants belonging to the age group of 18 to 50 from both the genders.

6) For further study, five camps from each district will be selected by lottery method.

7) The data of participants will be collected by lottery method from selected camps and 30 to 40 participants will be selected for the purpose.

The present research is based on the assumption.

“The study of physical, mental and intellectual development of the body effects in ‘Sudarshan Kriya’ on participants during the, ‘Art of Living’ camps organised in Vidharbha region will be assumed.”