Methodology

The present study of the researcher will be based on survey and analytical method. During the research the researcher is bound to the interviewing, and questionnaires methods to go ahead with his study.

Source of Information :-

In the process of the present study, the researcher at the very outset, will establish linkage to Divisional coordinator of the ‘Art Of Living’ camps. He will contact to them to collect the districtwise list of the trainers who are engaged with the, ‘Art Of Living’ camps. The yearly camp schedules year will be collected from them. The place of the camp during camp will be visited for correspondence to the participants. By questionnaire and interviewing, the data will be collected.

Selection Process :-

If 10 to 15 camps are going the same time in the single district of Vidarbha region, among them 5 to 7 camp will be selected for survey by lottery method. The date will be collected by interviewing, and questionnaires of perciipients and trainers.

Tools and Method :-

The present study of the problem will adopt the following methods;

1) Questionnaire

2) Interview schedule.

Creation of Resources :-

The researcher will from questionnaire under the supervision and guidance of the supervisor of the project, experts and collects. It will contains the questions relating to effect of ‘Sudarshan Kriya’ on the body of the participants after getting training from the expand trainers. It will be related to mental, physical and intellectual at effects of the process. The data will be collected by it. To undertake the whole process, the interview schedule will be formed for such collection the, ‘Art Of Living’ camps will be visited by the researchers.
Data collected :-

The researcher will visit personally to the participants and expert trainer of the ‘Art of Living’ camps in Vidarbha reign, and data will be collected. The collected data will be analyzed by personally, and various graphs will be formed. The hypothesis will be confirmed by various statistic methods. The process will go with graph method for statistic analysis.

Statistical Analysis

After collecting information by interviewing and questionnaires methods. The data will be scrutinised to get order and sequence. At the same time the data will be transferred into percentage by various graph.

By statistic questionnaire, the effect of the ‘Art of Living’ camps on the body of the participants will be tasted with negative and positive basis to confirm the per assumption. Canclusion will can after confirmation of the per assumption on the basis of conclusion, the researcher will form new guideline. He will also try to form new suggetion for forthearing scholar or resarchar.