**ADOLESCENCE**: A time of both disorientation and discovery, adolescence describes the teenage years between 13 and 19. No longer children but not yet adults, adolescents struggle with issues of independence and self-identity. Peer groups and external appearance tend to increase in importance. Adolescence is the period of transition between childhoods to adulthood. It is a period when rapid physiological changes and demands for new social roles take place. The adolescents, due to these changes often face a number of crises and dilemmas.

The **World Health Organisation** defines adolescence both in terms of age (spanning the ages between 10 and 19 years) and in terms of a phase of life marked by special attributes. These attributes include:

1. Rapid physical growth and development
2. Physical, social and psychological maturity but not all at the same time
3. Sexual maturity and the sexual activity
4. Experimentation
5. Development of adult mental processes and adult identity
6. Transition from total socio-economic dependence to relative independence

India is the second most populous country in the world with total population of over 1081 million. Adolescents form a large section of population – about 22.5 percent, that is, about 225 million. They are living in diverse circumstances and have diverse health needs. The total population of young people (10 – 24 Years) is approximately 331 million comprising nearly 30 percent of the total population of India (Census 2001).

Complementary actions are needed to promote healthy development in adolescents; to prevent health problems or problem behaviours, and to respond to them if and when they arise. They need interventions to decrease and to mitigate their vulnerability. These include: information and skills; a safe and supportive environment; and appropriate and accessible health and counselling services.

Yoga is a method of learning that aims to attain the unity of mind, body, and spirit through three main Yoga structures: exercise, breathing, and meditation (Gilbert, 1999; Halvorson, 2002; Monro, 1997) that has been practiced for more than 5,000 years in the Indian Sub-Continent. Yoga is a discipline aimed at training the consciousness for a state of perfect spiritual insight and tranquillity that is achieved through the three paths of actions, knowledge and devotion. Its purpose is to help each one of us achieve our highest potential and to experience enduring health and happiness. With Yoga, we can
extend our healthy, productive years far beyond the accepted norm and, at the same time; improve the quality of our lives.

**Yoga is separated into Six Branches**

1. **Bhakti Yoga** is the path of heart and devotion. 2. **Raja Yoga** is the path of Yoga that focuses on meditation and contemplation. 3. **Jnana Yoga** is the path of Yoga that deals with wisdom and knowledge or the Yoga of the mind. 4. **Karma Yoga** is the path of service; it refers to the energy of action. 5. **Tantra Yoga** is the path of ritual, it also known as sorcery, witchcraft, magic spell or some mysterious formula. 6. **Hatha Yoga** is the most popular branch of Yoga.

Hatha Yoga begins by working with the body on a structural level, helping to align the vertebrae, increase flexibility, and strengthen muscles and connective tissue. At the same time, internal organs are toned and rejuvenated; the epidermal, digestive, lymphatic, cardiovascular, and pulmonary systems are purified of toxins and waste matter; the nervous and endocrine systems are balanced and toned; and brain cells are nourished and stimulated. The end result is increased mental clarity, emotional stability, and a greater sense of overall well-being.

**Yoga & Adolescence**: Yoga is the perfect balance for the changes of adolescence. Regular practice of Yoga can maintain the health of the pineal gland and add extra years to its life. It increases the flow of endorphins – the body’s natural antidepressant. Yoga should be properly introduced to children by educators in every school, just as we teach other subjects. Then young people everywhere would be well adjusted, healthy, and happy – both physically and mentally. They would be more aware of their own potential and more capable of its realization. The destiny of the whole world depends on the little children. Regular practice of yogic exercises such as Surya Namaskara, Nadi Shodhana Pranayama, Bhraamri Pranayama, Meditation, Mantra, and Shaambhavi Mudra with visualization are very beneficial. These practices not only help the child to maintain psycho-emotional balance, but also develop his mental growth, as well.

Kumar Kamakhya. 2008 in his book writes, 'According to some scientists Yoga Therapy is successful because it creates balance in the nervous and endocrine system, which directly influences all the other systems and organs of the body. Yoga acts both as curative and preventive therapy. The very essence of yoga lies in attaining mental peace, improve concentration power, a relax state of living and harmony in relationship.'
Bihar School of Yoga and similar minded research institutions recommend prolonging the life of the pineal gland and increasing the amount of melatonin in an adolescent’s body. This theory makes a lot of sense because it is scientifically proved and that is why it is said “yoga is a science which has stood the sands of time”.

Yoga helps teens to de-stress; who are constantly living in a highly stressful environment comprising of Academic Pressure, Social Burden and Competition. Their hormones are completely out of balance most of the time. Yoga helps teens deal with all of these challenges. It teaches them to look inward for inspiration, to connect with themselves. Furthermore, it provides training in relaxation techniques and breathing exercises which promote calm and stimulate the relaxation response.

Also, yoga is a full body workout which builds strength, increases flexibility, improves balance, develops coordination, reduces fatigue, clears the mind, stimulates the immune system, and invigorates the entire body. Yoga means 'to join' or 'to unite' and works at bringing into harmony the body, breath and mind, develop confidence and improve their self-esteem.

**Statement of the problem:**

“Does Yogic package affects the self confidence, emotional intelligence, and adjustment of the adolescents”

**Variables:**

**INDEPENDENT VARIABLES**

1. Pragya Yoga
2. Yoga Nidra
3. Nadishodhan Pranayam,
4. Bhraamree Pranayama

**DEPENDENT VARIABLES**

1. Self confidence,
2. Emotional intelligence, and
3. Adjustment