Methodology

Sample and sampling
A sample size of 80 Adolescent (40 males and 40 females) would be selected through randomized sampling from semi urban area of Rajasthan state. The subject will be further divided into Experimental and control group. Half of the sample size will be kept in experimental group and the other half in control group. The control group will not be given any yogic practices whereas the experimental group will be given yogic practices as explained above. After the intervention of duration of three months, post data will be collected and further analyzed through proper statistical method.

Tools:
1. To measure the Self confidence level “Agnihotri Self confidence Inventory, published by National Psychological Corporation Agra” will be used.
2. To measure Emotional intelligence level, “Emotional Intelligence Test developed by Dr Sheetala Prasad, published by Agra Psychological Research Cell” will be used.
3. To measure Adjustment level, “Adjustment Inventory for School Students, developed by Dr A K P Sinha and Dr R P Singh, published by National Psychological Corporation Agra” will be used.

Yogic Intervention:
The following practices will be performed by the experimental groups for three months except Sundays and holidays.

- Preparation and Gayatri Mantra : 3 minutes
- Pragaya Yoga : 15 minutes
- Yoga Nidra : 25 minutes
- Nadisodhan : 10 minutes
- Bhramari Pranayama : 5 minutes
- Shanti patha and Ending : 2 minutes