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ORIGINAL ARTICLE

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YOGIC PRACTICES TO COPE WITH STRESS OF TWENTY FIRST CENTURY STUDENTS

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ABSTRACT

At the present era of globalisation universalisation and privatisation, the global scientific development put a lot of pressure to student community especially at the school and college level to compete with knowledge explosion that happens at day-today life. This put a lot of exposures and experiences which create more stress due to high competitive world among the students which direct every student to fulfil the expected desire and goal in a tough manner.

Article Indexed in



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REVIEW OF THE ARTICLE

Yogic Practices To Cope With Stress Of Twenty First Century Students

Shanthi.C and K. Venkatajalapathy

Abstract:

Title was clear and well framed. The abstract was complete and essential details were presented.

Introduction:

Society is a place in which the students should learn and acquire the necessary knowledge and skills that will in turn make them to contribute positively to the development of the nation. It is important for the social institutions that maintain well balanced academic environment conducive for better learning with the focus on the students' personal and societal needs. Introduction was well described and it covers background of the study.

Reference to the Literature and Documentation:

The literature review was up-to-date. The number of references was appropriate and their selection is judicious. The review of the literature was well integrated.

Methodology:

Objectives of the study were stated clearly. The present article highlighted the need of yogic practices for school students to help them in managing their academic stress. Author explained various information regarding variable under study.

Presentation of Results:

Results were organized in a way that were easy to understand. Add figures and graphs for presentation of the data collected.

Conclusions:

Major conclusion of the study was, Practicing yoga or yogic practices concern with the rational of scientific empiricism and collaborative atmosphere which states that thinking can be evaluated, analyzed understood explained and carried forward on truly based scientific paradigms.

Scientific Conduct:

There are no instances of plagiarism. Ideas and materials of others are correctly attributed.

Relevance:

The study was relevant to the mission of the journal or its audience. The study was worth doing.

SUMMARY OF ARTICLE

No.		Very High	High	Average	Low	Very Low
1.	Interest of the topic to the readers	✓				
2.	Originally & Novelty of the ideas		✓			
3.	Importance of the proposed ideas		✓			
4.	Timelines	✓				
5.	Sufficient information to support the assertions made & conclusion drawn			✓		
6.	Quality of writing (Organization, Clarity, Accuracy Grammar)		✓			
7.	References & Citation (Up-to-date, Appropriate Sufficient)	✓				

FUTURE RESEARCH SCOPE:

- 1.Yoga: Stress Reduction and General Well-Being.
- 2.Effect of yoga on academic performance in relation to stress.
- 3.The Health Benefits of Yoga-Breathing Benefits, Less Stress, More Calm.
- 4.The Effects of Yoga on Children's Self-Perceived Stress and Coping Abilities.
- 5.Yoga: Stress Reduction, And General Well Being.

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