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COMBINED EFFECT OF SELECTED YOGASANAS AND NUTRITIONAL SUPPLEMENTATION ON STRESS MANAGEMENT OF ARTS AND SCIENCE COLLEGE STUDENT



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ARTICLE REVIEW REPORT

Combined Effect Of Selected Yogasanas And Nutritional Supplementation On Stress Management Of Arts And Science College Student

Dr. S. Suganya

ABSTRACT:

The problem statement was clear and well articulated. The purpose of the present study was to find out the combined effect of selected yogasana practices and nutritional supplementation on stress management of the arts & science college students. The study was conducted on 50 arts & science college students. Two groups, namely, control and experimental, consisting of 25 students underwent twelve weeks practice in selected yogasana practices and nutritional supplementation whereas the control group did not undergo any type of training.

INTRODUCTION:

The introduction provides a good, generalized background of the topic that quickly gives the reader an appreciation. Stress is an internal state of which can be caused by physical demands on the body or by environment and social situations which are evaluated as potentially harmful, uncontrollable or exceeding our resources for coping.

METHODOLOGY:

The present study was exclusively realized on secondary data sources. It was purely descriptive type of research since it describes the facts relating to the problem. To achieve these purpose 50 arts & science college students were selected for this study from Chennai city. They were from the age group of 17 to 20 years. They were divided into control and experimental groups each consisting of 25 subjects.

PRESENTATION OF RESULTS:

The amount of data presented was sufficient and appropriate. Tables, graphs, or figures were used judiciously and agree with the text. Based on the results of the present study, it was concluded that the selected yogasana practices and nutritional supplementation had significant ($P < 0.05$) effect on the stress control index. The practice of yogasana with recommended nutritional supplementation will control the stress.

REFERENCES:

Prior publication by the author(s) of substantial portions of the data or study was appropriately acknowledged.

RELEVANCE:

The study was relevant to the mission of the journal or its audience. The study addresses important problems or issues; the study was worth doing.

FUTURE RESEARCH SCOPE:

1. Career For Faculty (<http://academicprofile.org/Professor/CareerForFaculty.aspx>)
2. Academic Plan (<http://academicprofile.org/Professor/AcademicPlan.aspx>)
3. Regarding Professor Promotion (<http://academicprofile.org/Professor/regardingPromotion.aspx>)
4. Fellowship for Post Doctoral (<http://academicprofile.org/Professor/FellowshipForPD.aspx>)
5. Online Course on Research (<http://onlineresearch.in/Default.aspx>)

SUMMARY OF ARTICLE

		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 Grammer)	✓				
7.	References & Citation(Up-to-date, Appropriate Sufficient)		✓			

Future Research Suggestions

This Article can expand further research for MINOR/MAJOR Research Project at UGC

