

ORIGINAL ARTICLE

Published:
1st June 2015

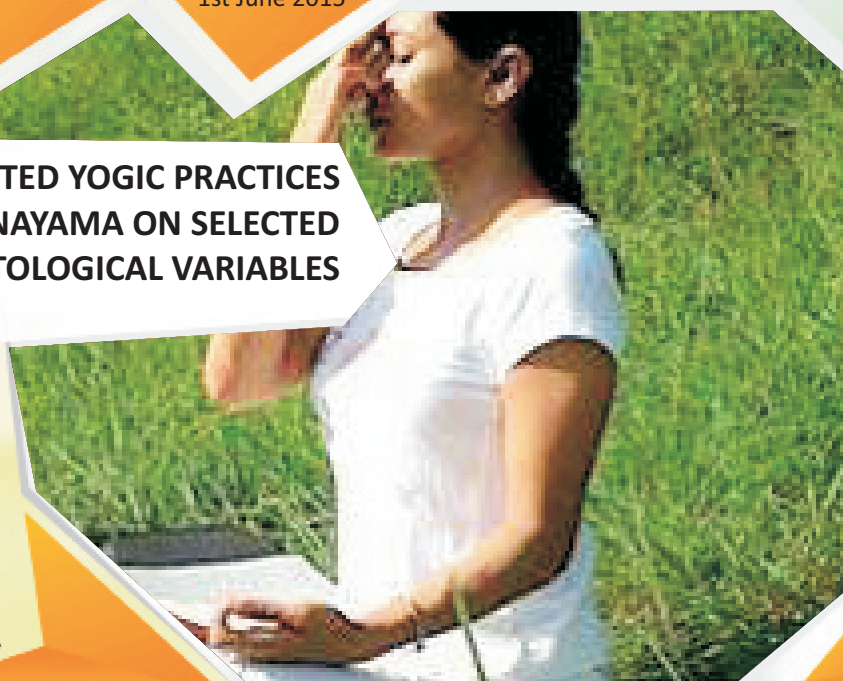
Vol. - V,
Issue - V, June 2015

THE EFFECT OF SELECTED YOGIC PRACTICES AND PRANAYAMA ON SELECTED HEMATOLOGICAL VARIABLES

Your Article
QR Code



See your article on Mobile



ABSTRACT

The purpose of the present study was to determine the effects of selected yogic practices and pranayama on selected hematological variables (White Blood cells, Red Blood cells and Platelets). For the purpose of this study, fifteen (N = 15) subjects were selected as a sample. The age of the subjects were ranged from 15-20years. A selected yogic practice and pranayama was used to determine their effects on selected hematological variables (WBC, RBC, Platelets).

Article Indexed in



Correspondence to:- **Manu Mishra, S artaj Khan and Touheed Akhter**
Designation:- ¹ In-charge, College of Physical Education, Teerthanker
Mahaveer University, Moradabad

² Assistant Professor, Teerthanker Mahaveer University,
Moradabad

³ Lecturer, Teerthanker Mahaveer University, Moradabad.

Review of the Article:

The present study focuses on The Effect Of Selected Yogic Practices And Pranayama On Selected Hematological Variables . The introduction builds a logical case and context for the problem statement. The problem statement is clear and well articulated.

Abstract:

The abstract is complete, essential details are presented. The results in the abstract are presented in sufficient and specific detail. The conclusions in the abstract are justified by the information in the abstract and the text. There are no inconsistencies in detail between the abstract and the text.

Reference to the Literature and Documentation:

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

Research Design:

The research design is defined and clearly described, and is sufficiently detailed to permit the study to be replicated.

Instrumentation, Data Collection:

The measurement instrument is appropriate given the study's variables; the scoring method is clearly defined. The data set is sufficiently described.

Data Analysis and Statistics:

Data analysis procedures are sufficiently described, and are sufficiently detailed. Data analysis procedures conform to the research design; hypotheses, models, or theory drives the data analyses.

Presentation and Documentation:

The text is well written and easy to follow. The vocabulary is appropriate. The content is complete and fully congruent.

Scientific Conduct:

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

References:

References are mentioned in APA Style.

Overall the study is relevant to the mission of the journal or its audience.

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

FUTURE RESEARCH SCOPE:

1. Young people’s physical activity, health and well-being
2. Physical education pedagogy and school-based physical activity provision
3. Children’s attitudes towards and engagement with physical education and school-based activity Influences on sport officials decisions
4. Mental toughness in sport and exercise

HOW TO INCREASE API

Services for Associate Professor to Professor

- Thesis convert into book.Publish in USA 50 API Marks
- 15 Articles from your Ph.D thesis 150 API Marks
- UGC Minor Research Project 10 API Marks
- UGC Major Research Project 15 API Marks
- Call for Book Chapter 25 API Marks
- 5 Seminar Paper presentation (we organize) 50 API Marks

CERTIFICATE OF PUBLICATION

This is to certify our Editorial, Advisory and Review Board accepted research paper of **Manu Mishra, S artaj Khan and Touheed Akhter** Topic:- **The Effect Of Selected Yogic Practices And Pranayama On Selected Hematological Variables**
College:- **In-charge, College of Physical Education , Teerthanker Mahaveer University, Moradabad.** The research paper is Original & Innovation it is done Double Blind Peer Reviewed. Your article is published in the month of **June** Year 2015.



Authorized Signature

H. N. Jagtap
Editor-in-Chief

CERTIFICATE OF EXCELLENCE IN REVIEWING

This is to certify our Editorial, Advisory and Review Board accepted research paper of **Manu Mishra, S artaj Khan and Touheed Akhter** Topic:- **The Effect Of Selected Yogic Practices And Pranayama On Selected Hematological Variables**
College:- **In-charge, College of Physical Education , Teerthanker Mahaveer University, Moradabad.** The research paper is Original & Innovation it is done Double Blind Peer Reviewed. Your article is published in the month of **June** Year 2015.



Authorized Signature

H. N. Jagtap
Editor-in-Chief

Reviewed By :-

Mrs. Pallavi Chincholkar

Assistant Professor

Email : chincholkarpr@gmail.com

Mob : 09421044094

**LAXMI BOOK
PUBLICATION**

Ph.: 0217-2372010 /
+91-9595-359-435

Email.: ayisrj2011@gmail.com

Website.: www.isrj.org