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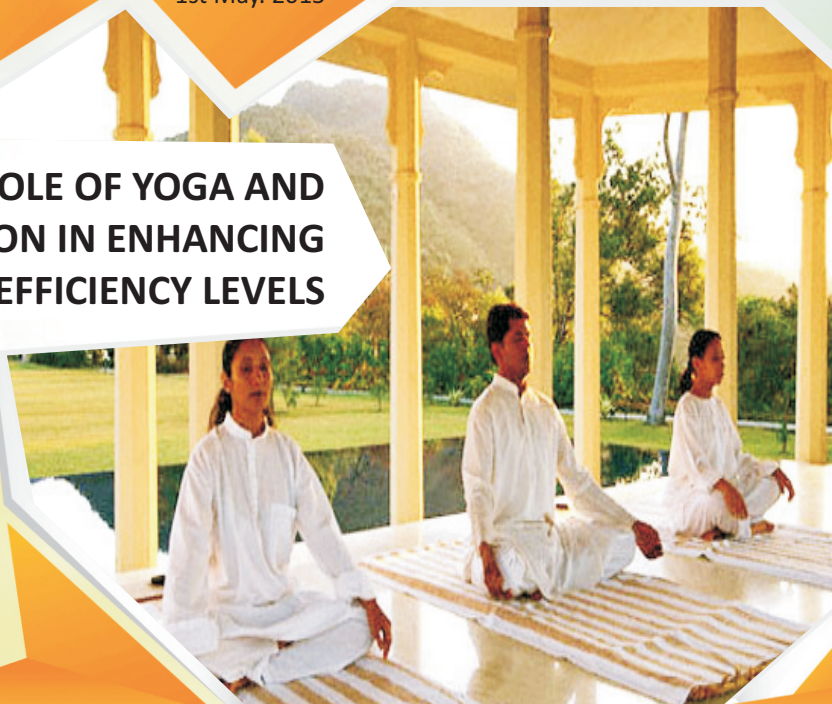
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ROLE OF YOGA AND MEDITATION IN ENHANCING EFFICIENCY LEVELS

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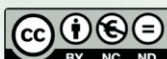


T. Sreenivasulu

ABSTRACT

What is the destination of human life? It is fixed by our own vision, Once it is fixed by us it is called mission. Every person faces many difficulties and thousands of problems with great courage for fulfilment of the mission, even at the cost of his life. The highest goal of life is spiritual purification and self-knowledge. Now-a-days life is mostly materialistic. If we think of sense-objects, it will attach you to sense-objects. If you grow attached you become addicted. Thwart your addiction, it turns to anger, be angry and you confuse your mind.

Article Indexed in



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Introduction

The uncontrolled mind does not guess that 'Athma' is present. In such a case, can it meditate? Without meditation, how can it have peace? Without peace, where is happiness? The well-known Gayatri mantra prays that "The intellect of all of us be illumined" The sage in the tenth Mandala says

A Good Introduction :-

Depict the significance (importance) of the study - why was this value doing in any case? Give a wide connection. Extremely briefly depict the exploratory configuration and how it achieved the expressed destinations.

Materials

Must add methods and materials in your article.

A Good Materials :-

Methods & Materials used to per research topic.

Result

Must add result in your article.

A Good Result :-

Results are as per aims and objective and useful to further research .

Conclusion

Must add Conclusion in your article.

A Good Conclusion :-

Thus, the research have wider scope for new academician and research scholars.

References

Must add reference in your article.

A Good References :-

Must add otherwise it will not consider as article.

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)	✓				

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Editor-in-Chief

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Editor-in-Chief

REVIEWER COMMENTS

- My remarks here are concerned singularly with the association of the composition.
- Thought of these focuses will, I accept, lead to an enhanced report that better shows the key ideas and conclusions.
- Generally, this is a reasonable, brief, and elegantly composed original copy.
- The presentation is pertinent and hypothesis based.

Authorized Signature

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Review Editor

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