

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

☒ Yes. (b) No

2. For how long have you been practicing yoga?

(a) 1 month to 6 months (b) 6 months - 1 year ☒ 1-2 years (d) more than 5 years

(e) I don't practice regularly.

3. Why did you start practicing yoga?

☒ General Fitness. (b) Curative benefits. (c) Mental Fitness. (d) Some specific benefit. (e) My friends introduced me. (f) It was the trend.

4. What yoga techniques do you practice ?

(a) Mostly asanas. ☒ Pranayama. (c) Kriya. (d) Meditation.

5. Where do you practice yoga?

(a) At Yoga Center/ class (b) Nearest garden / park ☒ My home (d) Others

6. Why do you continue practising Yoga?

(a) It helps me to keep flexible. ☒ It improved my general fitness. (c) It has become a way of life.

(d) It helps me de-stress.

(e) No particular reason. It has become a habit for you.

7. Do you have any difficulties in practising yoga?

(a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. ☒ I do it regularly.

8. Do you associate yoga with a particular religion ?

(a) Yes. ☒ No.

9. What is the level of your investment in yoga practice ?

(a) Minimal. ☒ Psychological. (c) Emotional. (d) Social. (e) Spiritual.

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga. (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle ☒ Yoga basics.

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation

☒ Yes. (b) No.

12. Yogabhyas helps to remove

- (a) Kama or passion (b) Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or
comprtitition (k) Ahamkar or ego (l) untimely sleep (m) All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

(a) yes, Shaucha can

be attained by Yogabhyas because Shaucha doesnot mean only
physical cleanliness but also mental and spiritual cleanliness

(b) I don't know.

Name MINATI KALITA.

Semester

Roll No

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

☒ (a) Yes. (b) No

2. For how long have you been practicing yoga?

(a) 1 month to 6 months (b) 6 months - 1 year (c) 1 - 2 years (d) more than 5 years

☒ (e) I don't practice regularly.

3. Why did you start practicing yoga?

a) General Fitness. b) Curative benefits. c) Mental Fitness. ☒ d) Some specific benefit. e) My friends introduced me. d) It was the trend.

4. What yoga techniques do you practice?

(a) Mostly asanas. ☒ (b) Pranayama. (c) Kriya. (d) Meditation.

5. Where do you practice yoga?

(a) At Yoga Center/ class (b) Nearest garden / park ☒ (c) My home (d) Others

6. Why do you continue practising Yoga?

☒ (a) It helps me to keep flexible. (b) It improved my general fitness. (c) It has become a way of life.

(d) It helps me de-stress.

(e) No particular reason. It has become a habit for you.

7. Do you have any difficulties in practising yoga?

☒ (a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. (e) I do it regularly.

8. Do you associate yoga with with a particular religion?

(a) Yes. ☒ (b) No.

9. What is the level of your investment in yoga practice?

☒ (a) Minimal. (b) Psychological. (c) Emotional. (d) Social. (e) Spiritual.

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle ☒ (f) Yoga basics

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation?

☒ (a) Yes. (b) No.

12. Yogabhyas helps to remove

- (a) Kama or passion (b) ☒ Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or competition (k) Ahamkar or ego (l) untimely sleep (m) All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

(a) yes, It helps in mind body purification,
prevent diseases, etc.

(b) I don't know.

Name

Sudeshma Choudhury

Semester

Roll No

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

☒ (a) Yes. (b) No

2. For how long have you been practicing yoga?

☒ (a) 1 month to 6 months (b) 6 months - 1 year (c) 1 - 2 years (d) more than 5 years

(e) I don't practice regularly.

3. Why did you start practicing yoga?

☒ (a) General Fitness. (b) Curative benefits. (c) Mental Fitness. (d) Some specific benefit. (e) My friends introduced me. (f) It was the trend.

4. What yoga techniques do you practice ?

(a) Mostly asanas. (b) Pranayama. (c) Kriya. (d) Meditation.

5. Where do you practice yoga?

☒ (a) At Yoga Center/ class (b) Nearest garden / park (c) My home (d) Others

6. Why do you continue practising Yoga?

(a) It helps me to keep flexible. (b) It improved my general fitness. (c) It has become a way of life.

(d) It helps me de-stress.

(e) No particular reason. It has become a habit for you.

7. Do you have any difficulties in practising yoga?

(a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. (e) I do it regularly.

8. Do you associate yoga with a particular religion ?

(a) Yes. (b) No.

9. What is the level of your investment in yoga practice ?

(a) Minimal. (b) Psychological. (c) Emotional. (d) Social. (e) Spiritual.

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga. (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle. (f) Yoga basics.

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation

☒ (a) Yes. (b) No.

12. Yogabhyas helps to remove

- (a) Kama or passion (b) Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or
comprtitition (k) Ahamkar or ego (l) untimely sleep (m) All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

(a) yes, It helps persons to control his mental,
physical, spiritual, social activities by
purifying his/her mind and body.

(b) I don't know.

Name

Madhuchand Chaitan Bhatnagar

Semester

Roll No

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

☒ (a) Yes. (b) No

2. For how long have you been practicing yoga?

(a) 1 month to 6 months (b) 6 months - 1 year (c) 1 - 2 years ☒ (d) more than 5 years

(e) I don't practice regularly.

3. Why did you start practicing yoga?

☒ (a) General Fitness. (b) Curative benefits. (c) Mental Fitness. (d) Some specific benefit. (e) My friends introduced me. ☒ (f) It was the trend.

4. What yoga techniques do you practice?

(a) Mostly asanas. ☒ (b) Pranayama. (c) Kriya. (d) Meditation.

5. Where do you practice yoga?

☒ (a) At Yoga Center/ class (b) Nearest garden / park (c) My home (d) Others

6. Why do you continue practising Yoga?

(a) It helps me to keep flexible. ☒ (b) It improved my general fitness. (c) It has become a way of life.

(d) It helps me de-stress.

(e) No particular reason. It has become a habit for you.

7. Do you have any difficulties in practising yoga?

(a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. ☒ (e) I do it regularly.

8. Do you associate yoga with a particular religion?

(a) Yes ☒ (b) No.

9. What is the level of your investment in yoga practice?

(a) Minimal. (b) Psychological (c) Emotional ☒ (d) Social (e) Spiritual

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga (b) Vinyasa Flow (c) Hatha. (d) Yin (e) Gentle ☒ (f) Yoga basics.

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation

☒ (a) Yes. (b) No.

12. Yogabhyas helps to remove

- (a) Kama or passion (b) ☒ Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or
comprtitition (k) Ahamkar or ego (l) untimely sleep (m) All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

- (a) yes, it helps us to refresh our mind and body.

(b) I don't know.

Name Sangita Talukdar
Semester 3rd semester
Roll No 398

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

☒ Yes. (b) No

2. For how long have you been practicing yoga?

(a) 1 month to 6 months (b) 6 months 1 year (c) 1 -2 years ☒ more than 5 years

(e) I don't practice regularly.

3. Why did you start practicing yoga?

☒ General Fitness. (b) Curative benefits. (c) Mental Fitness. (d) Some specific benefit. (e) My friends introduced me. (f) It was the trend.

4. What yoga techniques do you practice ?

(a) Mostly asanas. ☒ Pranayama. (c) Kriya . (d) Meditation.

5. Where do you practice yoga?

☒ At Yoga Center/ class (b) Nearest garden / park (c) My home (d) Others

6. Why do you continue practising Yoga?

(a) It helps me to keep flexible. ☒ It improved my general fitness. (c) It has become a way of life.

(d) It helps me de-stress.

(e) No particular reason .It has become a habit for you.

7. Do you have any difficulties in practising yoga?

(a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise . (d) It is useless. ☒ I do it regularly.

8. Do you associate yoga with with a particular religion ?

(a) Yes. ☒ No.

9. What is the level of your investment in yoga practice ?

(a) Minimal. (b) Psychological. (c) Emotional. ☒ Social . (e) Spiritual .

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga . (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle ☒ Yoga basics

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation

☒ Yes. (b) No.

12. Yogabhyas helps to remove

- (a) Kama or passion (b) Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or
comprtitition (k) Ahamkar or ego (l) untimely sleep (m) All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

(a) yes, *It improves our thinking level.*

(b) I don't know.

Name

Rituparna ganakha

Semester

3rd Semester

Roll No

488

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

☒ Yes. (b) No

2. For how long have you been practicing yoga?

(a) 1 month to 6 months (b) 6 months - 1 year ☒ 1 - 2 years (d) more than 5 years

(e) I don't practice regularly.

3. Why did you start practicing yoga?

(a) General Fitness. (b) Curative benefits. ☒ Mental Fitness. (d) Some specific benefit. (e) My friends introduced me. (c) It was the trend.

4. What yoga techniques do you practice?

(a) Mostly asanas. ☒ Pranayama. (c) Kriya. (d) Meditation.

5. Where do you practice yoga?

(a) At Yoga Center/ class (b) Nearest garden / park ☒ My home (d) Others

6. Why do you continue practising Yoga?

(a) It helps me to keep flexible. (b) It improved my general fitness. ☒ It has become a way of life.

(c) It helps me de-stress.

(d) No particular reason. It has become a habit for you.

7. Do you have any difficulties in practising yoga?

(a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. ☒ I do it regularly.

8. Do you associate yoga with a particular religion?

(a) Yes. ☒ No.

9. What is the level of your investment in yoga practice?

(a) Minimal. (b) Psychological. (c) Emotional. ☒ Social. (e) Spiritual.

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Ashtanga. (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle ☒ Yoga basics

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation?

☒ Yes. (b) No.

12. Yogabhyas helps to remove

- (a) Kama or passion (b) ☒ Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or
comprtitition (k) Ahamkar or ego (l) untimely sleep (m) All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

(a) yes, It helps us to refresh our mind and body
.....

(b) I don't know.

Name

Jyotirekha Kalita

Semester

3rd Semester.

Roll No

618.

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

(a) Yes. (b) No

2. For how long have you been practicing yoga?

(a) 1 month to 6 months (b) 6 months - 1 year (c) 1 - 2 years (d) more than 5 years

(e) I don't practice regularly.

3. Why did you start practicing yoga?

a) General Fitness. b) Curative benefits. c) Mental Fitness. d) Some specific benefit. e) My friends introduced me. d) It was the trend.

4. What yoga techniques do you practice?

(a) Mostly asanas. (b) Pranayama. (c) Kriya. (d) Meditation.

5. Where do you practice yoga?

(a) At Yoga Center/ class (b) Nearest garden / park (c) My home (d) Others

6. Why do you continue practising Yoga?

(a) It helps me to keep flexible. (b) It improved my general fitness. (c) It has become a way of life.

(d) It helps me de-stress.

(e) No particular reason. It has become a habit for you.

7. Do you have any difficulties in practising yoga?

(a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. (e) I do it regularly.

8. Do you associate yoga with a particular religion?

(a) Yes. (b) No.

9. What is the level of your investment in yoga practice?

(a) Minimal. (b) Psychological. (c) Emotional. (d) Social (e) Spiritual.

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga. (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basics.

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation?

(a) Yes. (b) No.

12. Yogabhyas helps to remove

- (a) Kama or passion (b) Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or
comprtitition (k) Ahamkar or ego (l) untimely sleep (m) All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

- (a) yes, ଶୁଦ୍ଧ ପାଣି, ଶୁଦ୍ଧ ଖାଦ୍ୟ (ହସ୍ତ ସ୍ନାନ) କରି ଖାଲି।
.....

- (b) I don't know.

Name

ସୋନାଲ ସାହୁ

Semester

Roll No

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

☒ (a) Yes. (b) No

2. For how long have you been practicing yoga?

(a) 1 month to 6 months (b) 6 months - 1 year (c) 1 - 2 years (d) more than 5 years

☒ (e) I don't practice regularly.

3. Why did you start practicing yoga?

a) General Fitness. b) Curative benefits. c) Mental Fitness. ☒ d) Some specific benefit. e) My friends introduced me. d) It was the trend.

4. What yoga techniques do you practice ?

(a) Mostly asanas. ☒ (b) Pranayama. (c) Kriya. (d) Meditation.

5. Where do you practice yoga?

(a) At Yoga Center/ class (b) Nearest garden / park ☒ (c) My home (d) Others

6. Why do you continue practising Yoga?

☒ (a) It helps me to keep flexible. ☒ (b) It improved my general fitness. (c) It has become a way of life.

(d) It helps me de-stress.

(e) No particular reason. It has become a habit for you.

7. Do you have any difficulties in practising yoga?

☒ (a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. (e) I do it regularly.

8. Do you associate yoga with a particular religion ?

(a) Yes. ☒ (b) No.

9. What is the level of your investment in yoga practice ?

(a) Minimal. (b) Psychological. ☒ (c) Emotional. (d) Social. (e) Spiritual.

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga. (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle ☒ (f) Yoga basis

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation

☒ a) Yes. b) No.

12. Yogabhyas helps to remove

(a) Kama or passion (b) Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or
comprtitition (k) Ahamkar or ego (l) untimely sleep (m) ~~All of the above.~~

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

(a) yes,

Shaucha helps to remove the internal impurities
like a/ kama or passion b/ krodha or anger etc.

(b) I don't know.

Name Munmun Saikia

Semester 6th semester (Philosophy)

Roll No 449.

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

☒ (a) Yes. ☐ (b) No

2. For how long have you been practicing yoga?

(a) 1 month to 6 months (b) 6 months - 1 year (c) ☒ 1-2 years (d) more than 5 years

(e) I don't practice regularly.

3. Why did you start practicing yoga?

☒ (a) General Fitness. (b) Curative benefits. (c) Mental Fitness. (d) Some specific benefit. (e) My friends introduced me. (f) It was the trend.

4. What yoga techniques do you practice?

☒ (a) Mostly asanas. (b) Pranayama. (c) Kriya. (d) Meditation.

5. Where do you practice yoga?

☒ (a) At Yoga Center/ class (b) Nearest garden / park (c) My home (d) Others

6. Why do you continue practising Yoga?

(a) It helps me to keep flexible. (b) ☒ It improved my general fitness. (c) It has become a way of life.

(d) It helps me de-stress.

(e) No particular reason. It has become a habit for you.

7. Do you have any difficulties in practising yoga?

(a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. (e) ☒ I do it regularly.

8. Do you associate yoga with a particular religion?

(a) Yes. ☒ (b) No.

9. What is the level of your investment in yoga practice?

(a) Minimal ☒ (b) Psychological. (c) Emotional (d) Social. (e) Spiritual.

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle ☒ (f) Yoga basis.

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation?

a) Yes. ☒ b) No.

12. Yogabhyas helps to remove

- (a) Kama or passion (b) ~~Krodha~~ or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) ~~Asuya~~ or envy (j) Irshya or
comprtiton (k) Ahamkar or ego (l) untimely sleep (m) All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

- (a) yes, Shaucha helps in inner purity of mind. It is essential for health, happiness and general well-being. Through Yogabhyas, Saucha can be achieved as yoga involves meditation and other beneficial characteristics.
- (b) I don't know.

Name Debashree Baruah

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

☒ (a) Yes. (b) No

2. For how long have you been practicing yoga?

☒ (a) 1 month to 6 months (b) 6 months - 1 year (c) 1 - 2 years (d) more than 5 years

(e) I don't practice regularly.

3. Why did you start practicing yoga?

☒ (a) General Fitness. (b) Curative benefits. ☒ (c) Mental Fitness. (d) Some specific benefit. (e) My friends introduced me. (f) It was the trend.

4. What yoga techniques do you practice ?

☒ (a) Mostly asanas. ☒ (b) Pranayama. (c) Kriya. (d) Meditation.

5. Where do you practice yoga?

(a) At Yoga Center/ class (b) Nearest garden / park ☒ (c) My home (d) Others

6. Why do you continue practising Yoga?

(a) It helps me to keep flexible. ☒ (b) It improved my general fitness. (c) It has become a way of life.

☒ (d) It helps me de-stress.

(e) No particular reason. It has become a habit for you.

7. Do you have any difficulties in practising yoga?

☒ (a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. (e) I do it regularly.

8. Do you associate yoga with a particular religion ?

(a) Yes. ☒ (b) No.

9. What is the level of your investment in yoga practice ?

(a) Minimal. ☒ (b) Psychological. (c) Emotional. (d) Social. (e) Spiritual.

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga. (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle ☒ (f) Yoga basis

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation

☒ (a) Yes. (b) No.

12. Yogabhyas helps to remove

- (a) Kama or passion (b) Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or competition (k) Ahamkar or ego (l) untimely sleep (m) All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

(a) yes,

Shaucha helps to remove internal impurities like
Kama or passion, Ahamkar or ego, or Krodha or
anger.

(b) I don't know.

Name - Anita Tiwari

Semester - 6th semester philosophy major.

Roll No - 363

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

(a) ☒ Yes. (b) No

2. For how long have you been practicing yoga?

(a) 1 month to 6 months (b) 6 months - 1 year (c) 1 - 2 years (d) more than 5 years

(e) ☒ I don't practice regularly.

3. Why did you start practicing yoga?

a) General Fitness. b) Curative benefits. c) Mental Fitness. d) ☒ Some specific benefit. e) My friends introduced me. d) It was the trend.

4. What yoga techniques do you practice ?

(a) ☒ Mostly asanas. (b) Pranayama. (c) Kriya. (d) Meditation.

5. Where do you practice yoga?

(a) At Yoga Center/ class (b) Nearest garden / park (c) ☒ My home (d) Others

6. Why do you continue practising Yoga?

(a) It helps me to keep flexible. (b) It improved my general fitness. (c) It has become a way of life.

(d) It helps me de-stress.

(e) ☒ No particular reason. It has become a habit for you.

7. Do you have any difficulties in practising yoga?

(a) ☒ It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. (e) I do it regularly.

8. Do you associate yoga with a particular religion ?

(a) Yes. (b) ☒ No.

9. What is the level of your investment in yoga practice ?

(a) Minimal. (b) Psychological. (c) ☒ Emotional. (d) Social. (e) Spiritual.

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga. (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) ☒ Gentle. (f) Yoga basis.

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation

(a) ☒ Yes. (b) No.

12. Yogabhyas helps to remove

- (a) Kama or passion (b) Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or
comprtitition (k) Ahamkar or ego (l) untimely sleep (m) All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

(a) yes, ✓ Shaucha is internal and external purification to
Keep body clean and mind pure.

(b) I don't know.

Name Shilpa Rani Medhi
Semester VI (Philosophy Major)
Roll No 342

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

(a) ☒ Yes. (b) No

2. For how long have you been practicing yoga?

(a) ☒ 1 month to 6 months (b) 6 months - 1 year (c) 1 - 2 years (d) more than 5 years

(e) I don't practice regularly.

3. Why did you start practicing yoga?

(a) ☒ General Fitness. (b) Curative benefits. (c) ☒ Mental Fitness. (d) Some specific benefit. (e) My friends introduced me. (f) It was the trend.

4. What yoga techniques do you practice?

(a) ☒ Mostly asanas. (b) ☒ Pranayama. (c) Kriya. (d) ☒ Meditation.

5. Where do you practice yoga?

(a) At Yoga Center/ class (b) Nearest garden / park (c) ☒ My home (d) Others

6. Why do you continue practising Yoga?

(a) It helps me to keep flexible. (b) ☒ It improved my general fitness. (c) It has become a way of life.

(d) ☒ It helps me de-stress.

(e) No particular reason. It has become a habit for you.

7. Do you have any difficulties in practising yoga?

(a) ☒ It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. (e) I do it regularly.

8. Do you associate yoga with a particular religion?

(a) Yes. (b) ☒ No.

9. What is the level of your investment in yoga practice?

(a) Minimal. (b) ☒ Psychological. (c) Emotional. (d) Social. (e) Spiritual.

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) ☒ Astanga. (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle. (f) ☒ Yoga basics

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation?

(a) ☒ Yes. (b) No.

12. Yogabhyas helps to remove

- (a) Kama or passion (b) ☒ Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or competition (k) Ahamkar or ego (l) untimely sleep (m) ☒ All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

(a) yes, *Shaucha* can be achieved by internal and external purification of mind and body, by removing internal impurities, etc.

(b) I don't know.

Name - *Bhupali Kalita*

Semester - *6th Semester . Philosophy major*

Roll No - *322*

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

☒ (a) Yes. (b) No

2. For how long have you been practicing yoga?

(a) 1 month to 6 months (b) 6 months - 1 year (c) 1 - 2 years (d) more than 5 years

☒ (e) I don't practice regularly.

3. Why did you start practicing yoga?

a) General Fitness. b) Curative benefits. c) Mental Fitness. ☒ d) Some specific benefit. e) My friends introduced me. d) It was the trend.

4. What yoga techniques do you practice ?

☒ (a) Mostly asanas. (b) Pranayama. (c) Kriya . (d) Meditation.

5. Where do you practice yoga?

(a) At Yoga Center/ class (b) Nearest garden / park (c) ☒ My home (d) Others

6. Why do you continue practising Yoga?

☒ (a) It helps me to keep flexible. ☒ (b) It improved my general fitness. ☒ (c) It has become a way of life.

☒ (d) It helps me de-stress.

(e) No particular reason . It has become a habit for you.

7. Do you have any difficulties in practising yoga?

☒ (a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise . (d) It is useless. (e) I do it regularly.

8. Do you associate yoga with with a particular religion ?

(a) Yes. (b) ☒ No.

9. What is the level of your investment in yoga practice ?

(a) Minimal. (b) Psychological. ☒ (c) Emotional. (d) Social . (e) Spiritual .

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga . (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle . ☒ (f) Yoga basics .

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation

☒ (a) Yes. (b) No.

12. Yogabhyas helps to remove

(a) Kama or passion (b) Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or
comprtitition (k) Ahamkar or ego (l) untimely sleep (m) All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

(a) yes,

Shaucha helps to remove the internal impurities
like (a) Kama or passion, krodha, or anger, (c) Lobha or
greed (d) Moha or delusion, (e) Temptations etc..

(b) I don't know.

Name

Reneka Singha

Semester

6th semester (Philosophy)

Roll No

321

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

☒ (a) Yes. (b) No

2. For how long have you been practicing yoga?

(a) 1 month to 6 months (b) 6 months - 1 year (c) 1 - 2 years (d) more than 5 years

☒ (e) I don't practice regularly.

3. Why did you start practicing yoga?

☒ (a) General Fitness. (b) Curative benefits. (c) Mental Fitness. (d) Some specific benefit. (e) My friends introduced me. (f) It was the trend.

4. What yoga techniques do you practice?

☒ (a) Mostly asanas. (b) Pranayama. (c) Kriya. (d) Meditation.

5. Where do you practice yoga?

(a) At Yoga Center/ class (b) Nearest garden / park ☒ (c) My home (d) Others

6. Why do you continue practising Yoga?

☒ (a) It helps me to keep flexible. ☒ (b) It improved my general fitness. (c) It has become a way of life.

(d) It helps me de-stress.

(e) No particular reason. It has become a habit for you.

7. Do you have any difficulties in practising yoga?

☒ (a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. (e) I do it regularly.

8. Do you associate yoga with a particular religion?

(a) Yes. ☒ (b) No.

9. What is the level of your investment in yoga practice?

(a) Minimal. (b) Psychological. ☒ (c) Emotional. (d) Social. (e) Spiritual.

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga. (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle ☒ (f) Yoga basics.

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation

☒ (a) Yes. (b) No.

12. Yogabhyas helps to remove

- (a) Kama or passion (b) Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or
comprtitition (k) Ahamkar or ego (l) untimely sleep (m) All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

(a) yes,

Shaucha help to remove internal impurities by thinking
contrary thoughts..

(b) I don't know.

Name Mridesmita Atthapara.

Semester 6th Semester (Philosophy Major)

Roll No 408.

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

(a) Yes. (b) No

2. For how long have you been practicing yoga?

(a) 1 month to 6 months (b) 6 months - 1 year (c) 1 - 2 years (d) more than 5 years

(e) I don't practice regularly.

3. Why did you start practicing yoga?

a) General Fitness. b) Curative benefits. c) Mental Fitness. d) Some specific benefit. e) My friends introduced me. d) It was the trend.

4. What yoga techniques do you practice?

(a) Mostly asanas. (b) Pranayama. (c) Kriya. (d) Meditation.

5. Where do you practice yoga?

(a) At Yoga Center/ class (b) Nearest garden / park (c) My home (d) Others

6. Why do you continue practising Yoga?

(a) It helps me to keep flexible. (b) It improved my general fitness. (c) It has become a way of life.

(d) It helps me de-stress.

(e) No particular reason. It has become a habit for you.

7. Do you have any difficulties in practising yoga?

(a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. (e) I do it regularly.

8. Do you associate yoga with with a particular religion?

(a) Yes. (b) No.

9. What is the level of your investment in yoga practice?

(a) Minimal (b) Psychological. (c) Emotional. (d) Social. (e) Spiritual.

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga. (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis.

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation

(a) Yes. (b) No.

12. Yogabhyas helps to remove

- (a) Kama or passion (b) Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or competition (k) Ahamkar or ego (l) untimely sleep (m) All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

(a) yes,

.....

(b) I don't know.

Name Shivani Choudhury.

Semester 4th

Roll No 256.

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

☒ (a) Yes. (b) No

2. For how long have you been practicing yoga?

(a) 1 month to 6 months (b) 6 months - 1 year (c) 1 - 2 years (d) more than 5 years

☒ (e) I don't practice regularly.

3. Why did you start practicing yoga?

☒ (a) General Fitness. (b) Curative benefits. (c) Mental Fitness. (d) Some specific benefit. (e) My friends introduced me. (f) It was the trend.

4. What yoga techniques do you practice?

(a) Mostly asanas. ☒ (b) Pranayama. (c) Kriya. (d) Meditation.

5. Where do you practice yoga?

(a) At Yoga Center/ class (b) Nearest garden / park ☒ (c) My home (d) Others

6. Why do you continue practicing Yoga?

(a) It helps me to keep flexible. (b) It improved my general fitness. (c) It has become a way of life.

☒ (d) It helps me de-stress.

(e) No particular reason. It has become a habit for you.

7. Do you have any difficulties in practicing yoga?

☒ (a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. (e) I do it regularly.

8. Do you associate yoga with a particular religion?

(a) Yes. ☒ (b) No.

9. What is the level of your investment in yoga practice?

(a) Minimal. ☒ (b) Psychological. (c) Emotional. (d) Social. (e) Spiritual.

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga. (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle ☒ (f) Yoga basics.

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation

☒ (a) Yes. (b) No.

12. Yogabhyas helps to remove

(a) Kama or passion (b) Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or
comprtitition (k) Ahamkar or ego (l) untimely sleep (m) All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

(a) yes, ...Yoga... makes

us active so that our minds can work de-stressfully.

(b) I don't know.

Name NIZARA KALITA

Semester

Roll No

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

(a) Yes. (b) No

2. For how long have you been practicing yoga?

(a) 1 month to 6 months (b) 6 months - 1 year (c) 1 - 2 years (d) more than 5 years

(e) I don't practice regularly.

3. Why did you start practicing yoga?

a) General Fitness. b) Curative benefits. c) Mental Fitness. d) Some specific benefit. e) My friends introduced me. d) It was the trend.

4. What yoga techniques do you practice?

(a) Mostly asanas. (b) Pranayama. (c) Kriya. (d) Meditation.

5. Where do you practice yoga?

(a) At Yoga Center/ class (b) Nearest garden / park (c) My home (d) Others

6. Why do you continue practising Yoga?

(a) It helps me to keep flexible. (b) It improved my general fitness. (c) It has become a way of life.

(d) It helps me de-stress.

(e) No particular reason. It has become a habit for you.

7. Do you have any difficulties in practising yoga?

(a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. (e) I do it regularly.

8. Do you associate yoga with a particular religion?

(a) Yes. (b) No.

9. What is the level of your investment in yoga practice?

(a) Minimal. (b) Psychological. (c) Emotional. (d) Social. (e) Spiritual.

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga. (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle. (f) Yoga basics.

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation

(a) Yes. (b) No.

12. Yogabhyas helps to remove

- (a) Kama or passion (b) Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or
comprtitition (k) Ahamkar or ego (l) untimely sleep (m) All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

- (a) yes, Yoga is not only a physical activity. It is an activity that helps to control the mind and body together. It helps in acquiring internal and external purification. Along with achieving a tranquil mind, it helps to control the five sense organs. In this way, the purification of the mind-body can be achieved. (b) I don't know. Yoga practices also help to cure many ailments. In this way, Yogabhyas helps to clear the mind and body of different diseases.

Name Meenakshi Sharma Pathak

Semester

Roll No

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

(a) Yes. (b) No

2. For how long have you been practicing yoga?

(a) 1 month to 6 months (b) 6 months - 1 year (c) 1 - 2 years (d) more than 5 years

(e) I don't practice regularly.

3. Why did you start practicing yoga?

a) General Fitness. b) Curative benefits. c) Mental Fitness. d) Some specific benefit. e) My friends introduced me. d) It was the trend.

4. What yoga techniques do you practice ?

(a) Mostly asanas. (b) Pranayama. (c) Kriya. (d) Meditation.

5. Where do you practice yoga?

(a) At Yoga Center/ class (b) Nearest garden / park (c) My home (d) Others

6. Why do you continue practising Yoga?

(a) It helps me to keep flexible. (b) It improved my general fitness. (c) It has become a way of life.

(d) It helps me de-stress.

(e) No particular reason. It has become a habit for you.

7. Do you have any difficulties in practising yoga?

(a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. (e) I do it regularly.

8. Do you associate yoga with a particular religion ?

(a) Yes. (b) No.

9. What is the level of your investment in yoga practice ?

(a) Minimal. (b) Psychological. (c) Emotional. (d) Social. (e) Spiritual

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle. (f) Yoga basis.

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation

a) Yes. b) No.

12. Yogabhyas helps to remove

- (a) Kama or passion (b) Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or
competition (k) Ahamkar or ego (l) untimely sleep (m) All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

(a) yes,

.....

(b) ☒ I don't know.

Name

Papari Barmar

Semester

Roll No

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

(a) Yes. (b) No

2. For how long have you been practicing yoga?

(a) 1 month to 6 months (b) 6 months - 1 year (c) 1 - 2 years (d) more than 5 years

(e) I don't practice regularly.

3. Why did you start practicing yoga?

a) General Fitness. b) Curative benefits. c) Mental Fitness. d) Some specific benefit. e) My friends introduced me. d) It was the trend.

4. What yoga techniques do you practice ?

(a) Mostly asanas. (b) Pranayama. (c) Kriya. (d) Meditation.

5. Where do you practice yoga?

(a) At Yoga Center/ class (b) Nearest garden / park (c) My home (d) Others

6. Why do you continue practising Yoga?

(a) It helps me to keep flexible. (b) It improved my general fitness. (c) It has become a way of life.

(d) It helps me de-stress.

(e) No particular reason. It has become a habit for you.

7. Do you have any difficulties in practising yoga?

(a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. (e) I do it regularly.

8. Do you associate yoga with a particular religion ?

(a) Yes. (b) No.

9. What is the level of your investment in yoga practice ?

(a) Minimal. (b) Psychological. (c) Emotional. (d) Social (e) Spiritual.

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation

a) Yes. b) No.

12. Yogabhyas helps to remove

- (a) Kama or passion (b) Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or
comprtitition (k) Ahamkar or ego (l) untimely sleep (m) All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

(a) yes,

.....

(b) I don't know.

Name CHANDA BHATTACHARJEE

Semester

Roll No

Questionnaire distributed during the preparation of the project..

1. Do you practice Yoga?

☒ (a) Yes. ☐ (b) No

2. For how long have you been practicing yoga?

(a) 1 month to 6 months (b) 6 months - 1 year (c) 1 - 2 years (d) more than 5 years

☒ (e) I don't practice regularly.

3. Why did you start practicing yoga?

☒ a) General Fitness. b) Curative benefits. c) Mental Fitness. d) Some specific benefit. e) My friends introduced me. d) It was the trend.

4. What yoga techniques do you practice?

(a) Mostly asanas. (b) Pranayama. (c) Kriya ☒ (d) Meditation.

5. Where do you practice yoga?

☒ (a) At Yoga Center/ class (b) Nearest garden / park (c) My home (d) Others

6. Why do you continue practising Yoga?

(a) It helps me to keep flexible. ☒ (b) It improved my general fitness. (c) It has become a way of life.

(d) It helps me de-stress.

(e) No particular reason. It has become a habit for you.

7. Do you have any difficulties in practising yoga?

☒ (a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to exercise. (d) It is useless. (e) I do it regularly.

8. Do you associate yoga with a particular religion?

(a) Yes. ☒ (b) No.

9. What is the level of your investment in yoga practice?

(a) Minimal (b) Psychological. (c) Emotional. ☒ (d) Social. (e) Spiritual.

10. What style(s) of yoga do you think is beneficial on a regular basis?

(a) Astanga. (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle ☒ (f) Yoga basics

11. Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation?

☒ a) Yes. ☐ b) No

12. Yogabhyas helps to remove

- (a) Kama or passion (b) Krodha or anger (c) Lobha or greed (d) Moha or delusion (e) Temptations
(f) Mada or conceit (g) Matsara or jealousy (h) Damba or hypocrisy (i) Asuya or envy (j) Irshya or
comprtitition (k) Ahamkar or ego (l) untimely sleep ~~(m)~~ All of the above.

13. Can you give any one instance how shaucha can be achieved through Yogabhyas.

(a) yes, Yogabhyas...

helps us to control our animal's activities along with the
body.

(b) I don't know.

Name NABANITA BAISHYA

Semester

Roll No