Questionnaire distributed during the preparation of the project... 1. Do you practice Yoga? (b) No 2. For how long have you been practicing yoga? (a)1month to 6 months (b)6 months - 1year (c)1-2 years (d)more than 5years (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. 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. 7.00 You have any difficulties in practising yoga? $\binom{a}{lt}$ is difficult to find time for it to exercise. (b)The exercises are difficult. (c) I don't know how to $e_{X_{DP-}}$. exercise. (d) It is useless. (e) do it regularly. 8 Do you associate yoga with with a particular religion ? (a) Yes. Us 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 basigs. You believe practice of Yoga helps in curbing unrest (of minds) among the present generation Hyes.

- 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 hypocracy (i)Asuya or envy (j) Irshya or comprtition (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, Shauscha Cam

be attained by Yagabhyas because Shaucha does not mean only physical cleanliness but also mental and spirinlud cleanline

(b) I don't know.

Name JAINATI KALITA.

' Semester

Roll-No

Questionnaire distributed during the preparation of the project
1. Do you practice Yoga?
Val Yes. (b) No
2. For how long have you been practicing yoga?
2. For how long have you been proof 2. For how long have you been
Jeil don't practice regularly.
3. Why did you start practicing yoga?
3. Why did you start practicing yoga? a) General Fitness. b)Curative benefits. c)Mental Fitness. d)80me specific benefit. e)My friends introduced me. d)It was the trend.
aractice!
4. What yoga techniques do you practice : (a) Mostly asanas. (b) Pranayama. (c) Kriya . (d) Meditation.
3
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.
- do-stress.
(e)No particular reason .It has become a habit
(e)No particular. 7.Do you have any difficulties in practising yoga? 7.Do you have any difficulties in practising yoga? 7.Do you have any difficulties in practising yoga?
Latte is difficult to find time for it to exclusion.
exercise (d) It is useless? (=) 8. Do you associate yoga with with a particular religion?
9. What is the level of your investment of your investment of the level of your investment of the second of the level of your investment of your
Mal Minimal. (b) Esychological. (C)E.
If yoga basigs
(a)Astanga (b)Vinyasa Flow. (c)Hatha. (d)Yin (e)Gentia (b)Vinyasa Flow. (d)Yin (e)Gentia (b)Vinyasa (b)Vinyasa Flow. (d)Yin (e)Gentia (b)Vinyasa (b)V
1' Do you believe practice of rogania

Latres 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 hypocracy (i)Asuya or envy (j) Irshya or comprtition (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) ves, It helps in mind body purification, prevent diseases, etc.

(b) I don't know.

'Name Sudeshna Choudhury
Semester

Questionnaire distributed during the preparation of the project
1. Do you practice Yoga?
√(á) Yes. (b) No
2.For how long have you been practicing yoga?
(a)1month to 6 months (b)6 months - 1year (c)1 -2 years (d)more than 5years
(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 De 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) No. 1. (b) Psychological. (c)Emotional. (d)Social. (C)Spiritus.
10 years do you think is beneficial off a regular based
(c)Hatha. (d)Yin (e)Genue (1770)
(a)Astanga. (b)Vinyasa riow. (eralling the present generation of the present generation 11.Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation

a) Yes.

(a) Kama or passion (b) Krodha or anger (c)Lobha or greed (d)Moha or delusion (e)Temptation
(f)Mada or conceit (g)Matsara or jealousy (h)Damba or hypocracy (i)Asuya or envy (j) Irshya or comprtition (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) ves, It helps forsom to control to mental, physical sepisitul social activities long sprietging his/hir mind and booky.

(b) I don't know.

Name Madhuchule Chaltha Blaga

Semester

Questionnaire distributed during the preparation of the project
1. Do you practice Yoga?
A Yès. (b) No
2.For how long have you been practicing yoga?
(a)1month to 6 months (b)6 months - 1year (c)1 -2 years (d)more than 5years
(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
1. 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
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.
2 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.
3. Do you associate yoga with with a particular religion ?
(a) Yes (b) No.
terent in voga practice:
(a) Minimal (b) Psychological (c)Emotional (d)Social (e)Spiritual
do you think is because
(c) Hatha. (d) Yin (e) Gentle Jr) Toga da 143.7
(a)Astanga (b)Vinyasa (b) 1.Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation 3.)Yes. b) No.

12. Yogabhyas helps to remove		
(a) Kama or passion (b) Krodha or anger (c)Lobha (f)Mada or conceit (g)Matsara or jealous.	_	tations
(f)Mada or conceit (g)Matsara or jealousy (h)Dam comprtition (k)Ahamkar or ego (l)untimely sleep	Y WUMI Of the above	hya or
13.Can you give any one instance house.		
(a) ves it helps us to mall	in de achieved through Yogabhyas.	
(a) yes, it hups us to refresh	our mind and bod	ty.
***************************************		•

(b) I don't know.

Name Sangita Talukdar Semester 3rd semester Roll No 398

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Questionnaire distributed during the preparation of the project..
1 Do you practice Yoga?
MYes. (b) No
lfor how long have you been practicing yoga?
(a) Imonth to 6 months (b) 6 months lyear (c) 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. d)It was the trend.
<sup>¶</sup>What yoga techniques do you practice?
(a) Mostly asanas. (b) Pranayama. (c) Kriya . (d) Meditation.
<sup>1.</sup>Where do you practice yoga?
At Yoga Center/ class (b) Nearest garden / park (c) My home (d) Others
^{
m 6} Why do you continue practising Yoga?
allt helps me to keep flexible. الطلا improved my general fitness. (c)It has become a way of life.
dlt helps me de-stress.
e)No particular reason . It has become a habit for you.
^{\prime}.00 you have any difficulties in practising yoga?
\binom{a}{l} it is difficult to find time for it to exercise. (b)The exercises are difficult. (c) I don't know how to
<sup>exercise</sup>. (d) It is useless. (e) 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.
What style(s) of yoga do you think is beneficial on a regular basis?
la)Astanga . (b)Vinyasa Flow. (c)Hatha. (d)Yin (e)Gentle 41)Yoga basig 5
1) Do You believe practice of Yoga helps in curbing unrest ( of minds) among the present generation
HVes.
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12.Yogabhyas	helps to	remove
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- (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 hypocracy (i)Asuya or envy (j) Irshya or comprtition (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 alex thinking level.

(b) I don't know.

Name

Rétupanna gandhia 3 red Semesters

Semester

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Westionnaire distributed during the preparation of the project...
lo you practice Yoga?
Yes. (b) No
<sup>(for</sup> how long have you been practicing yoga?
month to 6 months (b)6 months lyear (d)1 -2 years (d)more than 5 years
eldon't practice regularly.
Why did you start practicing yoga?
General Fitness. b)Curative benefits. Mental Fitness. d)Some specific benefit. e)My friends
^{\text{hoduced}} me. d)It was the trend.
What yoga techniques do you practice?
Mostly asanas. (b) Pranayama. (c)Kriya . (d) Meditation.
There do you practice yoga?
At Yoga Center/ class (b)Nearest garden / park 🕼 My home (d) Others
Why do you continue practising Yoga?
helps me to keep flexible. (b)It improved my general fitness desit has become a way of life.
helps me de-stress.
^{
ho} particular reason .It has become a habit for you.
^{
ho_0} You have any difficulties in practising yoga?
\frac{1}{2} is difficult to find time for it to exercise. (b)The exercises are difficult. (c) I don't know how to
Sercise . (d) It is useless. (e)I do it regularly.
^{0}0 You associate yoga with with a particular religion ?
Alyes. W No.
 What is the level of your investment in yoga practice?
Minimal. (b) Psychological. (c)Emotional. (d)Social. (e)Spiritual.
What style(s) of yoga do you think is beneficial on a regular basis?
Astanga . (b)Vinyasa Flow. (c)Hatha. (d)Yin (e)Gentle Lyyoga basises
You believe practice of Yoga helps in curbing unrest ( of minds) among the present generation
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(b)Idon't know.					
(a) yes, Alps	rus to	seefresh ow	ogabhyas. Thumd	and	bod
13. Can you give any one in a		The above.			
(f)Mada or conceit (g)Matsara or comprtition (k)Ahamkar or ego	r jealoucy /Lin	_ •	lusion (e)Temp	otations	
(a) Kama of passion (0) Krodha	or anger (c)Lot	oha or grood (disa.)			

Name Tyotirekha Kalita.
Semester Ord 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)1month to 6 months (b)6 months - 1year (c)1 -2 years (d)more than 5years
(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.
1.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.
What is the level of your investment in yoga practice?
(a) Minimal. (b) Psychological. (c) [motional. (d) Social (e) Spiritual.
10 What style(s) of yoga do you think is beneficial on a regular basis:
dalket the (c) Hatha (d) Yin (e) Gentle (f) Yoga Dasig.
b) No.

(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 hypocracy (i)Asuya or envy (j) Irshya or comprtition (k)Ahamkar or ego (I)untimely sleep (m)All of the above.
13.Can you give any one instance how shaucha can be achieved through Vogables.
13. Can you give any one instance how shaucha can be achieved through Yogabhyas. (a) yes, 22 D172 30 CM2 5 (M2 3 W2 7 25 7 9 17 26)
(b) I don't know.
(=) · = 5.11 (tallow.

TENZ517 2125

12. Yogabhyas helps to remove

Semester

Questionnaire distributed during the preparation of the project
1. Do you practice Yoga?
(a) Yes. (b) No
3.5 m k and long have you been practicing yoga!
(a)1month to 6 months (b)6 months - 1year (c)1 -2 years (d)more than 5years
Jeji don't practice regularly.
3. Why did you start practicing yoga?
3. Why did you start practicing your start practicing your specific benefit. e) My friends 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.
do you practice yoga?
5. Where do you produce the second of the se
views practising Yoga?
6. Why do you continue practising of the second of the sec
(d)It helps me de-stress.
(a)No particular reason .lt has become a habit for you.
7.Do you have any difficulties in practisms, 7.Do you have any dif
1.11 It is 11581622. (a).
exercise. (d) It is door exercise. (d) It is door exercise. (d) It is door exercise. 8. Do you associate yoga with with a particular religion?
(a) Yes. (b) No.
(a) Yes. (b) No. 9. What is the level of your investment in yoga practice? (a) What is the level of your investment in yoga practice? (b) Psychological: (c) Emotional. (d) Social. (e) Spiritual. (a) Minimal. (b) Psychological: (c) Emotional. (d) Social. (e) Spiritual.
(a) Minimal. (b) Psychological. (Clemester)
10.What style(s) of yoga do you think is a color (e)Gentle (f)Yoga basis
10.What style(s) of yoga do you think is beneficial of the style(s) of yoga do you think is beneficial of the style(s) of yoga do you think is beneficial of the style of yoga helps in curbing unrest (of minds) among the present generation 11.Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation
11.Do you believe practice of togation
.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 hypocracy (i)Asuya or envy (j) Irshya or comprtition (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,	***************************************							•—
Shau	cha hel	ps	là remo	ve the	enter	na.	impu	rili
lika	a/karna	Ou	passion	b/km	odha	04	anger	elc.

(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
a.s
(a)1month to 6 months (b)6 months - 1year (c)1/2 years (d)more than 5years
(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.
recoulties in practising yoga?
(a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) Full time for it to exercise. (b) The exercises are difficult. (c) Full time for it to exercise. (b) The exercises are difficult. (c) Full time for it to exercise. (b) The exercises are difficult. (c) Full time for it to exercise.
8. Do you associate yoga with with a particular religion ?
(a) Ves (b) No.
9 What is the level of your investment in yoga practice?
(a) Minimal (b) Psychological. (c)Emotional (d)Social: (c)spen
10. What style(s) of yoga do you think is beneficial on a regular basis?
10. What style(s) of yoga do you think is beneficial off a regular as (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle. (f) Yoga basig. (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle. (f) Yoga basig. (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle. (f) Yoga basig. (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle. (f) Yoga basig. (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle. (f) Yoga basig. (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle. (f) Yoga basig. (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle. (f) Yoga basig. (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle. (f) Yoga basig. (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle. (f) Yoga basig. (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle. (f) Yoga basig. (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle. (f) Yoga basig. (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle. (f) Yoga basig. (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle. (f) Yoga basig. (f) Yoga ba
11 Do you believe practice of Yoga helps in Christing and Yes by No.

12. Yogabhyas	helps to	remove
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(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 hypocracy (j)Asuya or envy (j) Irshya or

comprtition (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) ves, Shaucha helps in rinner purity of mind. It is essential for health, happiness and general well-being. Through yogabhyas, Sanche can be achieved as yoga involves meditation and other beneficial characteristics (b) I don't know.

Name Debastree 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)1month to 6 months (b)6 months - 1year (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(t) 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?
\mathcal{L} 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.
to the level of your investment in yoga practice ?
12 15 Peychological. (c)Emotional. (d)Social. (e)Spiritual.
of yoga do you think is beneficial on a regular basis.
10. What style(s) of your (a) Gentle Hilly oga basigs

(a)Astanga. (b)Vinyasa Flow. (c)Hatha. (d)Yin (e)Gentle 4f)Yoga basig,5

b) No.

wat Yes.

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

12. Yogabhyas helps to remove	12.\	ogabh	vas hel	ps to	remove
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- (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 hypocracy (i)Asuya or envy (j) Irshya or comprtition (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.

Kama or passion, Ahambar on ego on providina disconsiderations of passion, Ahambar on ego of productions of the august.

(b) I don't know.

Name - Anita liwani
Semester - 6th Semester philosophy majon.
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)1month to 6 months (b)6 months - 1year (c)1 -2 years (d)more than 5years
(Je) 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 now 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?
() Seven de la Prochological. (c) Emetional. (d) Suciai : (e) Spiritaria.
think is beneficial of a legal
(a)Liatha (d)YIII (e)Collary (
(a)Astanga. (b)Vinyasa Flow. (c)riation (e) 11.Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation 11.Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation 12.Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation 13.Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation 13.Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation ()

(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 hypocracy (i)Asuya or envy (j) Irshya or comprtition (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 publication to the body clean and mind publ.

•

(b) I don't know.

Name Shilpa Rani Medhi Semester VI (flilosophy 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)1month to 6 months (b)6 months - 1year (c)1 -2 years (d)more than 5 years
(e)I don't practice regularly.
3. Why did you start practicing yoga?
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 me.
(d)It helps me de-stress.
(e)No particular reason .lt 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
. (a) It is useless. (c) as
exercise . (d) it is deen 8. Do you associate yoga with with a particular religion ?
(a) Yes. (b) No.
(a) Yes. (b) No. 9. What is the level of your investment in yoga practice? (d)Social (e)Spiritual.
(a) Minimal. (b) Psychological. (c) Emotional. (a) Minimal. (b) Psychological. (c) Emotional. (b) Psychological. (c) Emotional. (c)
(a) Minimal. (b) Psychological. (c) 10. What style(s) of yoga do you think is beneficial on a regular basis?
10.What style(s) of yoga do you think is pericusary (a)Astanga. (b)Vinyasa Flow. (c)Hatha. (d)Yin (e)Gentle.(f)Yoga basises (a)Astanga. (b)Vinyasa Flow. (c)Hatha. (d)Yin (e)Gentle.(f)Yoga basises 11.Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation
11.Do you believe practice of Yoga helps

12.	Yoga	bhyas	heins	to	remove
	, uga	Dilyas	ricih2	w	ICHIOVE

(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 hypocracy (i)Asuya or envy (j) Irshya or comprtition (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 enternal purafication of mind and body, by removing internal impurities, etc.

(b) I don't know.

- Bhupali Kailita

semester - 6 42 Semester. Philosophy Major

- 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)1month to 6 months (b)6 months - 1year (c)1 -2 years (d)more than 5years
Î)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.
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(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.
at a fugur investment in yoga practice?
(a) Minimal (b) Psychological. Je Emotional. (d)Social. (e)Spiritual.
think is beneficial on a regular basis.
(c)Hatha. (d)Yin (e)Gentle .(1)10ga basias
(a)Astanga. (b)Vinyasa riotto () 11.Do you believe practice of Yoga helps in curbing unrest (of minds) among the present generation
'al Yes. b) No.

(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 hypocracy (i)Asuya or envy (j) Irshya or comprtition (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.

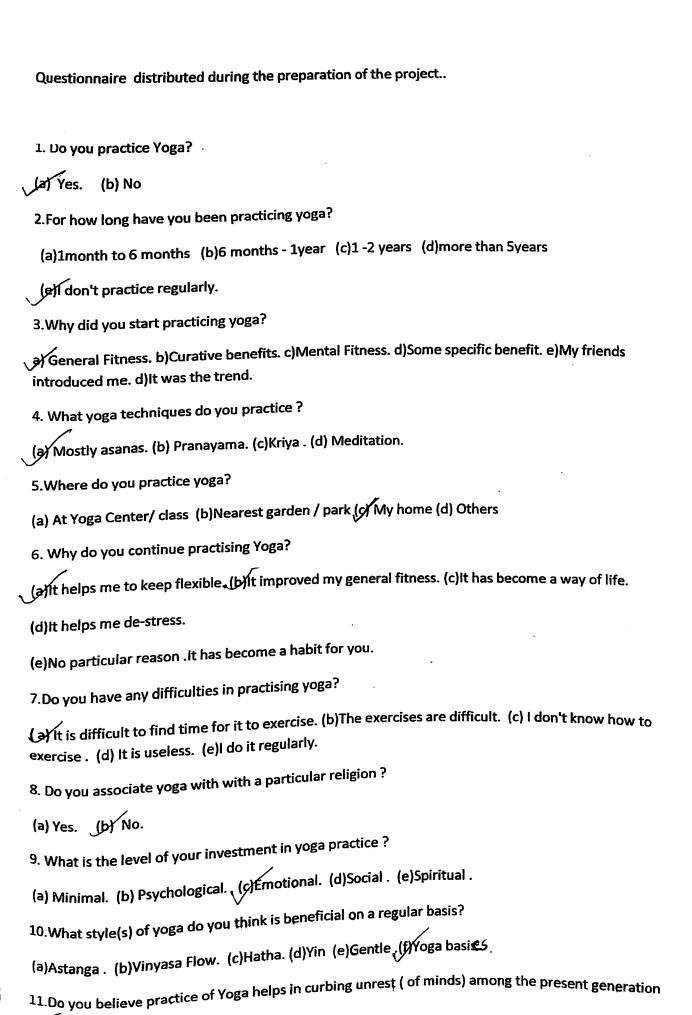
(a) yes,	4
Shaucha helps to remove the inte	rnel impuritie
like @ Kama or passion, krodha, or anger	Colabhaor
like @ lama or passion, krodha, or anger greed @ Maha or delusion, & Temptations	o ta
70.00	Lic.

(b) I don't know.

Name

Semester

Renella Lingha 6th semester (Philosophy)



12. Yogabhyas helps to remove	Que
(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 hypocracy (i)Asuya or envy (j) Irshya or comprtition (k)Ahamkar or ego (l)untimely sleep (m)All of the above.	(9) J. (
13.Can you give any one instance how shaucha can be achieved through Yogabhyas.	ζ!
(a) yes,	
Shouche help to remove internal inpurities by the contrary thoughts.	ink la
Contrary Amakt	(
J Morgins.	3.
(b) I don't know.	in a)
	וו
	4
	(;
	5
Name Maridanite All :	(
Maine Mula Attpara.	(
Name Mridusmita Athparia. Semester 6th Simistir (Philosophy Major) Roll No 400	. (
Roll No 408.	

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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)1month to 6 months (b)6 months - 1year (c)1 -2 years (d)more than 5years
(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?
6. Why do you continue; (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?
\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\
exercise (d) It is useless. (e) to the e
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) What is the level of your most support of your
10. What style(s) of yoga do you think is beneficial on the style(s) of yoga do you think is beneficial on the style (s) of yoga do you think is beneficial on the style (s) of yoga do you think is beneficial on the style (s) of yoga do you think is beneficial on the style (s) of yoga do you think is beneficial on the style (s) of yoga do you think is beneficial on the style (s) of yoga do you think is beneficial on the style (s) of yoga do you think is beneficial on the style (s) of yoga do you think is beneficial on the style (s) of yoga do you think is beneficial on the style (s) of yoga do you think is beneficial on the style (s) of yoga do you think is beneficial on the style (s) of yoga basis.
(a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa (b) Yin (e) Gentle (f) Yoga (b) Yin (e) Gentle (f) Yoga (b) Yin (e) Gentle (f) Yoga (b) Yin (e) Gentle (f) Yin (f) Yin (e) Gentle (f) Yin (f) Yin (
al Yes. b) No.

	12.Yogabhyas helps to remove
ļ	(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 hypocracy (i)Asuya or envy (j) Irshya or comprtition (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)1month to 6 months (b)6 months - 1year (c)1 -2 years (d)more than 5years
Jeji 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. d)It was the trend.
4. What yoga techniques do you practice ?
(a) Mostly asanas. (b) Pranayama. (c) Kriya . (d) Meditation.
5t
(a) At Yoga Center/ class (b) Nearest garden / park (c) My home (d) Others
ta you continue practising Yoga?
6. Why do you continue page 6.
(d)It helps me de-stress.
(e)No particular reason .It has become a Habit to your
use whice in practising yoga!
(a) It is difficult to find time for it to exercise. (b) The exercises are difficult to find time for it to exercise. (b) The exercises are difficult to find time for it to exercise. (b) The exercises are difficult to find time for it to exercise. (b) The exercises are difficult to find time for it to exercise. (b) The exercises are difficult to find time for it to exercise.
8. Do you associate yoga with with a particular religion ?
(2) Yes 15/NO.
9. What is the level of your investment in yoga practice?
c Lalogical, (c)Emotional, (d)Section (c)
TEND IS BELIEVIOLE.
(a)Astanga (b)Vinyasa Flow. (c)Hatria. (d) (a)Astanga (b)Vinyasa Flow. (c)Hatria. (d)

- (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 hypocracy (i)Asuya or envy (j) Irshya or comprtition (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, Maga makes

us artive so that our minds can work de-Anerspuly.

(b) I don't know.

Name NIZARA KALITA

Semester

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)1month to 6 months (b)6 months - 1year (c)1 -2 years (d)more than 5years
(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 vulsare do vou practice yoga?
(a) At Yoga Center/ class (b)Nearest garden / park (c) My home (d) Others
6. Why do you continue practising Yoga?
6. Why do you continue practice of the second and second a way of life. (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.
in practising Voga!
(a) It is difficult to find time for it to exercise. (b) The exercises are all the suspension (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?
Visionical (c)Emotional (G)Es
think is believe
(a)Astanga . (b)Vinyasa Flow. (c)Hatria. (d) Find the present generation 11. Do your believe practice of Yoga helps in curbing unrest (of minds) among the present generation a) Yes. b) No.

(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 hypocracy (i)Asuya or envy (j) Irshya or comprtition (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, Ifaga is not only a physical activity. It is a activity that helps to control the mind and bod together. It helps in acquairing internal and extrustive to control the floring with achieving a tranquil mind helps to control the fine ceyse argads. In this way, if (b) Indon't know. Afoga practices also help to cure man ailments. In this way, yogabhyas helps to clean the mind and body of different discasses.

Name Meenakshi Sharma Pathale

Semester

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)1month to 6 months (b)6 months - 1year (c)1 -2 years (d)more than 5years
(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?
6. Why do you continue practising roga: (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.
using voga?
7.Do you have any difficulties in practising yogo. (a) It is difficult to find time for it to exercise. (b) The exercises are difficult. (c) I don't know how to
All tis useless. (e) do to
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?
(clonical (c)Emotional topos
10 What style(s) of yoga do you think is beneficial.
10 What style(s) of yoga do you think is to (a)Astanga (b)Vinyasa Flow (c)Hatha. (d)Yin (e)Gentle .(f)Yoga basis: (a)Astanga (b)Vinyasa Flow (c)Hatha. (d)Yin (e)Gentle .(f)Yoga basis: (a)Astanga (b)Vinyasa Flow (c)Hatha. (d)Yin (e)Gentle .(f)Yoga basis:
(a)Astanga (b)Vinyasa Flow. (c)Hatha. (d)Yin (e)Octation. 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)Temptation
(f)Mada or conceit (g)Matsara or jealousy (h)Damba or hypocracy (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 Borman

Semester

Questionnaire distributed during the preparation of the project.. 1. Do you practice Yoga? 2. For how long have you been practicing yoga? (a)1month to 6 months (b)6 months - 1year (c)1 -2 years (d)more than 5years (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. (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. $^{(i)}$ 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 basigs Doyou believe practice of Yoga helps in curbing unrest (of minds) among the present generation

12. Yogabhyas helps to remove
(a) Kama or passion (b) Krodha or anger (c)Lobha or greed (d)Moba or delicities
(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 hypocracy (i)Asuya or envy (j) Irshya or comprtition (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 BHATTACHAR JEE

Semester

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)1month to 6 months (b)6 months - 1year (c)1 -2 years (d)more than 5years
(e) I don't practice regularly.
3. Why did you start practicing yoga?
3. Why did you start practicing you start practicin
4 What yoga techniques do you practice?
(a) Mostly asanas. (b) 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?
6. Why do you continue practising (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? 7.Do you have any difficulties in practising yoga?
(a) It is difficult to find time for it to exercise. (b) this useless. (e) I do it regularly.
exercise. (a) it is asserted to be a second of the second
(a) Yes. (b) No.
(a) Yes. (b) No. 9. What is the level of your investment in yoga practice? 9. What is the level of your investment in yoga practice?
tole monorman
10 What style(s) of yoga do you think.
10 What style(s) of yoga do you think to a little of yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (c) Hatha. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (d) Yin (e) Gentle (f) Yoga basis (a) Astanga (b) Vinyasa Flow. (d) Yin (e) Gentle (f) Yoga basis (f) Yoga (f) Yin (f)
11 Do you believe practice of 106-

al Xes.

- (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 hypocracy (i)Asuya or envy (j) Irshya or comprtition (k)Ahamkar or ego (l)untimely sleep (pr)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 trimal's activities along with The

(b) I don't know.

Name NABANITA BAISHYA

Semester