



Bharat Chandra Thakur
Rajeev Choudhary

Life Style Assessment of Indian Yogis

Based on Survey Belonging to Different Yogic
Practices



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Authors sincerely expresses thanks to Mr. Nandan Gautam and entire artistic yoga family for their motivation & inspiration at all times during study.

Authors extend their sincere thanks to all the subjects for their co operation during his research work.

Authors

Dedicated to



Source of inspiration for authors

Mrs. Nandini Singh Choudhary and Mrs. Bhumika Chawla Thakur

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