......PLAN OF WORK
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The study was carried out in the following way -

REVIEW OF LITERATURE:

Thorough review of literature from Vedic era till date was carried out. Update review of work done by the other scientists is also taken into consideration.

QUESTIONNAIRE:

For this study a standard questionnaire had prepared. Total 600 persons having Satat Jagaran (Sleepless Nights) due to their work were selected for interview. Common health problems which found in these persons were notified and studied accordingly. Simultaneously other group of 100 persons those not having Satat Jagaran (Sleepless Nights) were interviewed. This questionnaire includes their personal information, questions regarding type of work, duration of jagarana & day sleep, frequency of illness. It also contains question about Dincharya. As this project is focused on labour health, suggestions from these persons also were recorded & common health problems were studied. In this way the relationship between Nidra, Jagaran and health defined.

INFORMED CONSENT:

Written consent was taken from each selected person before starting the project. The persons willingly participated and submitted information consent form (ICF) were enrolled in the project.