Appendices
## APPENDIX -1

### INTERVENTION SCHEDULE FOR INTEGRAL YOGA

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<th>S. No.</th>
<th>Time</th>
<th>Yoga group</th>
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<tr>
<td>1</td>
<td>05.00-05.30 am</td>
<td>OM meditation - 30 minutes</td>
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<td>2</td>
<td>05.30-06.30 am</td>
<td>Yogasanas - 60 minutes</td>
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<td>3</td>
<td>06.30-07.30 am</td>
<td>Bath &amp; wash</td>
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<td>4</td>
<td>07.30-08.15 am</td>
<td>Chanting of yogic hymns – 45 minutes</td>
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<td>5</td>
<td>08.15-08.45 am</td>
<td>Breakfast</td>
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<td>08.45-10.00 am</td>
<td>Karma yoga and rest</td>
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<td>10.00-11.00 am</td>
<td>Lecture (on yoga) – 60 minutes</td>
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<td>Pranayama (yogic breathing) – 60 minutes</td>
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<td>Yogasanas - 60 minutes</td>
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<td>Lunch (vegetarian diet)</td>
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<td>11</td>
<td>02.00-02.30 pm</td>
<td>Deep Relaxation Technique – 30 minutes</td>
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<td>03.00-04.00 pm</td>
<td>Lecture (on yoga) – 60 minutes</td>
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<td>13</td>
<td>04.00-05.00 pm</td>
<td>Cyclic meditation – 60 minutes</td>
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<td>06.15-06.45 pm</td>
<td>Divine hymns session (Bhajan) – 30 minutes</td>
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<td>Lecture/Trataka</td>
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<td>07.45-08.30 pm</td>
<td>Dinner (vegetarian diet)</td>
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<td>08.30-9.00 pm</td>
<td>Happy assembly</td>
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<td>18</td>
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<td>Self Study</td>
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APPENDIX -2

INTERVENTION DETAILS OF KB & BA

KAPĀLABHĀTI

Sthiti: Daïãásana
1. Sit in any meditative posture.
1. Keep your spine and neck erect perfectly vertical to the ground.
1. Close the eyes and collapse the shoulders.
1. Relax the whole body completely.

PRACTICE

1. Practice rapid breathing with active and forceful exhalation and passive inhalation.
1. During each exhalation, blast out the air by vigorous flapping movements of the abdomen in quick succession.
1. Inhale passively by relaxing the abdominal muscles at the end of each exhalation.
1. Repeat the exhalation as quickly as possible at the rate of 60 strokes per minute.
1. At the end of one minute, stop the practice.
1. Now observe an automatic suspension of breath. In fact, there will be no urge for breathing for a few seconds.
1. Simultaneously the mind may experience a deep state of silence. Enjoy this state of deep rest and freshness.
1. Wait until the breathing comes back to normal.
KB VS BA Interventions

Instructions were delivered by audiotape for the 20 minutes performance of both practices; one minute practice was followed by one minute relaxation, repeated 10 times. Subjects sat with their spine straight. For *kapalbhati*, instructions were as follows:

*Sit straight keeping your head, neck, spine erect. Take a deep inhalation, exhale forcibly, blast out the air using abdominal muscle, inhale passively relaxing the abdominal muscles, and repeat these movements as quickly as possible starting with 60 strokes per minutes and increasing gradually up to 80 strokes per minute. There is no holding of breath.* The rapid active exhalation with passive effortless inhalation is accomplished by flapping movement of the abdomen, continued at a uniform speed of 80 strokes per minute. It is continued for 1 minute, slowing down gently at the end. Following each minute's KB practice, *relaxation* instructions were given as follows:

*Relax ... relax ...yourself. Allow your abdominal muscles to relax; relax your whole body and mind, enjoy the deep silence of the mind, relax...relax...!*

**Breath awareness** practice was performed similarly: one minute practice was followed by one minute relaxation, repeated ten times. Instructions were as follows: *Sit comfortably, relax yourself, become aware of your breathing, just observe your breathing pattern, simply observe, do not manipulate, just go on observing, maintain your awareness towards breathing, just observe, now relax, relax yourself totally from toes to head, allow relaxation to continue all your body and mind..!* The same relaxation instructions were used as in the KB session.
APPENDIX-3

INTERVENTION DETAILS OF DRT VS SR

4. DEEP RELAXATION TECHNIQUE

Sthiti: Ùavásana.

Gently move your whole body, make yourself comfortable and relax completely.

PRACTICE

Phase-I

Bring your awareness to the tip of the toes, gently move your toes and relax. Sensitize the soles of your feet, loosen the ankle joints, relax the calf muscles, gently pull up the knee caps release and relax, relax your thigh muscles, buttock muscles, loosen hip the joints, relax the pelvic region and the waist region. Totally relax your lower part of the body. R..e..l..a..x .. . Chant A-kára and feel the vibration in your lower parts of the body.

Phase-II

Gently bring your awareness to the abdominal region and observe the abdominal movement for a while, relax your abdominal muscles and relax the chest muscles. Gently bring your awareness to your lower back, relax your lower back,
loosen all the vertebral joints one by one. Relax the muscles and nerves around the back bones. Relax your middle back, shoulder blades and upper back muscles, totally relax. Shift our awareness to the tip of the fingers, gently move them a little and sensitize. Relax your fingers one by one. Relax your palms, loosen the wrist joints, relax the forearms, loosen the elbow joints, relax the hind arms-triceps, biceps and relax your shoulders. Shift your awareness to your neck, slowly turn your head to the right and left, again bring back to the center. Relax the muscles and nerves of the neck. Relax your middle part of the body, totally relax. Relax your middle part of the body, totally relax.

**Phase-III**

Gently bring your awareness to your head region. Relax your chin, lower jaw and upper jaw, lower and upper gums, lower and upper teeth and relax your tongue. Relax your palateshard and soft, relax your throat and vocal chords. Gently shift your awareness to your lips, relax your lower and upper lips. Shift your awareness to your nose, observe your nostrils, and feel the warm air touching the walls of the nostrils as you exhale and feel the cool air touching the walls of the nostrils as you inhale. Observe for a few seconds and relax your nostrils. Relax your cheek muscles, feel the heaviness of the cheeks and have a beautiful smile on your cheeks. Relax your eye balls muscles, feel the heaviness of eye balls, relax your eye lids, eye brows and in between the eye brows. Relax your forehead, temple muscles, ears, the sides of the head, back of the head and crown of the head. Relax your head region, totally relax.

**Phase-IV**

Observe your whole body from toes to head and relax, chant an Om-ka+ra. Feel the resonance throughout the body.

**Phase-V**
Slowly come out of the body consciousness and visualize your body lying on the ground completely collapsed.

**Phase-VI**

Imagine the vast beautiful blue sky. The limitless blue sky. Expand your awareness as vast as the blue sky. Merge yourself into the blue sky. You are becoming the blue sky. You are the blue sky. Enjoy the infinite bliss. **E..N..J..O..Y..** the blissful state of silence and all pervasive awareness.

**Phase-VII**

Slowly come back to body consciousness. Inhale deeply. Chant an “AUM-kára”. Feel the resonance throughout the body. The soothing and massaging effect from toes to head.

**Phase-VIII**

Gently move your whole body a little. Feel the lightness, alertness and movement of energy throughout the body. Slowly bring your legs together and the hands by the side of the body. Turn over to the left or the right side and come up when your are ready.

**CLOSING PRAYER**

Sarve bhavantu sukhinaç
Sarve santu nirámayáç
Sarve bhadráïi paùyántu
Má kaùcit duçkça bhágbhavet
Om Ùántiç Ùántiç Ùántiç

May all be happy. May all be free from diseases. May all see things auspicious. May none be subjected to misery.

Om Peace Peace Peace
APPENDIX-4

SIX LETTER CANCELLATION TEST

Instructions:
1. Search out the target letters given below and cancel them by slash (/).
2. Cancel as many as possible within the given time.
3. Start and stop only when told.
   Target Letters: J, T, K, M, U, F

J G Y L S E T B L U V G K H A W U J M K R B
X N O D F C K N E H W Z L J S D Q L N H U O
U K W A I M P G Q X M F Y B I R X G F P J K
Z V B H J S Y D K O S Q T M P O E I A T L E
T L Y R O Z L F A U I N Z G W T J K D R Y A
D S Q C E T R W Z J A E H L U Y V Z S O N X
E W K F H M N C P X R O K I C R F G P I K S
G U A P S V I O B D C S F X E H W Q M L O R
H T Y G D L U Q G Y W A B Z D Y V U A E Q P
L V O E J Z F T L E M H Q J A X R D B Z N J
S W N Q K H C A Z N O I S M L E J S H G T F
A P F X O R I J B D P K W I J K O R I B Z A
R T Y B V D X S U F R X O Q B T B X W D S Z
M I G U W K O C E N V T H Z M N C U Y P K E

Total attempted:  
Wrongly attempted:  
Net attempted:
## DIGIT LETTER SUBSTITUTION TEST

1. Substitute the digits with corresponding letter as per the given key.
2. Substitute as many possible letters within the given time.
3. Start and stop only when told.

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Total attempted: [Blank]  
Wrongly attempted: [Blank]  
Net score: [Blank]
APPENDIX-6

1. EQ QUESTIONNAIRE

Your name:

Age:

Gender:

Profession:

This test measures some areas of your personal and professional life. This is a psychological test, which will help you learn more about yourself. This questionnaire given below will measure your emotional reaction to different situations. Answer the questions on the basis of how you FEEL and not what you THINK. There are no right and wrong answers. Answer honestly and do not spend too much time on any one item. Usually your first response is the best response. Do not leave any question unanswered and complete the test in a single sitting. Use a separate response sheet for your answers.

The Questionnaire

1. You have just learnt that you have been ignored for a promotion by the management for which you were eligible. Moreover, one of your juniors has been selected for the same promotion. You are upset and feeling frustrated. What do you do?

• Ignore it-it was your bad luck.
• Talk it over with your boss, bringing out the facts about your contribution and ask for reconsideration of the management’s decision.

• Start abusing the colleagues who superseded you, leveling allegation of manipulation and corruption against him and instigate the union leaders to organize protests against the management.

• Move to court and obtain a stay order and vow to teach befitting lesson to management through legal battle.

• Resign from the organization.

2. A freshly recruited smart first class professional graduate joins your organization as a Management Trainee. After a few weeks she complains to you that her superiors and Subordinates were not taking her seriously. What will you suggest her?

• Suggest that she handles the situation herself and not to bother you for trivial matters.

• Tell her that such behavior is typical of most organizations and she should ignore it.

• Suggest that she undergo behavioral training to learn interpersonal skills.

• Empathize with her and help her figure out ways to get others to work with her.

• Tell her to look for another job.

3. As a production manager you are taking a weekly review meeting, which also has some women employees. You overhear a male employee telling an offensive joke about women employees. What do you do?

• Ignore it—it is only a joke.

• Call the employee in your office after the meeting and pull him up.
• Send the employee to attend a sensitivity training programme for changing his prejudices.

• Ask the women employees to protest in writing so that you can take appropriate action.

• Announce on the spot that such jokes are inappropriate and shall not be tolerated in your organization.

4. In a fit of anger, you have got into an argument with your colleague that has led to personal attacks from both sides. The entire office is witness to the unpleasant episode you and your colleague actually never intended to tarnish the image of each other. How will you tackle this ugly situation?

• Sit calmly and consider what triggered that argument between you and your colleague and was it possible to control your anger at that point of time.

• Avoid arguments and leave the scene.

• Apologize and ask your colleague to apologize too.

• Continue with the argument till you reach at some definite conclusion.

• Complain to the management against your colleague.

5. Imagine you are an insurance salesperson approaching prospective clients to purchase insurance policies, a dozen people in a row have shut the door on your face and you are feeling frustrated. What will you do?

• Blame yourself and stop work for the day.

• Reassess your capabilities as an insurance salesperson

• Come out with fresh strategies to overcome similar failures in future.
• Think of changing your job.
• Contact the client again some other day.

6. Imagine you are a site engineer of a large construction company. A worker suddenly slips down and dies. There is a violent reaction and you are surrounded by agitated workers. What will you do?
• Call the police/management and let them decide further the course of action.
• Threaten the agitating workers with dire consequences if they do not cool down immediately.
• Reason with the workers and explain the safety measures you had taken to prevent such incidents.
• Call the agitated workers for a dialogue and ask for their suggestion so that such incidents do not occur in future.
• Find an opportunity to slip away from the scene.

7. You are accompanying your friend from Delhi to Agra in his car. Your notice another car loaded with children suddenly overtaking your car and cutting sharply in front of you abruptly. Your friend, who is driving the car, gets nervous, as he had to apply the brakes immediately to avoid hitting the other car. What would be your reaction at that time?
• Tell your friend to stop and relax for some time rather than continue driving.
• Tell your friend to chase the other car and stop it.
• Yell at the driver of the other car.
• Tell your friend to smile and thank God that everyone is safe.
• Just ignore what had happened as a very minor incident.

8. You are on an aircraft and suddenly the pilot announces that it has been hijacked by terrorists. Everyone is in a state of shock, nervousness, and utter confusion. What will be your reaction?
• Blame yourself for choosing an inauspicious day for travelling.
• Attend to the instructions of the pilot/airhostess and ask the other fellow passengers to do the same.
• Continue to read your magazine and pay little attention to the incident.
• Cry out vow not to travel by air in future.
• Falsely claim that you are a heart patient needing medical attention and beg hijackers to release you.

9. Imagine you are a police officer posted in a sensitive area. You get information that there have been violent ethnic clashes between two religious communities and a large number of people have been killed from both sides and the property has been damaged. What action will you take?
• Decide not to visit the spot personally as there may be danger to your life from the fury of the public.
• Take your time to respond –in any case this is not the first- time riots have occurred.
• Try to handle the situation tactfully assuage the feelings of both communities tracking down the reasons for the clash, and taking all desired remedial measures.
• Send your subordinate inspector to study the situation.
• Arrange to handover the dead to the respective families after getting the postmortem done.

10. You have a grown up son who starts arguing with you every now and then on matters relating to your personal and social life. One day he tells that you have dedicated your terms to the family for very long and cannot continue to exercise the authority anymore. He also tells that as a father you cannot impose your outdated attitudes and irrelevant values on him. He further confronts you and says that he is an adult and henceforth he will take all major decisions. You are disturbed at his defiant behavior. How will you tackle him?

• Accept the statement in helplessness and take a low profile position in the family.
• In disgusted, tell him to leave and find a separate place for himself.
• Send him to psychologists to learn to adjust with his environment.
• For the time being delay the arguments, manage your feelings, sit with him and explain your point of view as patiently as possible without making the situation tense.
• Ignore his hostile comments and change the topic of discussion.

11. This morning an old man was driving his old Fiat car on the wrong side with his little grandson on his lap. He was too careless to switch on the indicator before turning the car and in the process dashed onto the bonnet of the Maruti car which you were driving. How will you behave at this time?

• Just smile at the old man and ask him to be grateful to God for his grandson, who was safe.
• Get annoyed at the old man and shout at him.
• Ask for compensation for the damage.
• Give the old man a long lecture on how to drive safely.
• Call the police.

12. Imagine you are a doctor and you have operated upon a cancer patient in the morning. When you go to home for lunch you receive a call that the patient has developed some complications and you decide to rush back to the hospital. On your way back to the hospital you are held up at the traffic light, as the signal was red. You wait impatiently and when the signal turns green you start your car without noticing a scooterist in front and hit him. He loses his balance but regains it without great difficulties. What will you do now?

• Immediately stop the car, get out, introduce yourself and apologize.
• Ignore him and keep moving.
• Thank God that nothing serious had happened.
• Stop for a moment, collect your thoughts and move towards the hospital.
• Tell the scooterist what has happened and continue driving.

13. You are a general manager of a large production company. On the next week there is a board meeting and your department is expected to prepare the annual report. You get a call from one of the production units in another that there is a strike and your presence is urgently required to negotiate with the union. You delegate the responsibility to your assistant general manager to get the report prepared for the board meeting in time and leave the city. When you are return you are perplexed to
find that your assistant general manager has not prepared the report and the board meeting is scheduled for the next day. What do you do?

- Feel remorse for your decision to delegate the wrong person.
- Get worked up and fire the assistant general manager for failing to carry out your instructions.
- Complete the work yourself to avoid embarrassment before the board.
- Understand the difficulty faced by the assistant general manager in getting the work completed, motivate him saying that it could still be done and make a plan to sit long hours to complete the job in time.
- Send the assistant general manager for further training to sharpen his management skills.

14. You are a professor in a college and while taking a class one of your students comments that your style of teaching is not good, that you have not prepared the topic properly and also that you are just passing time. How will you react?

- Report to the principal of the college about the behavior of the student.
- Ask him to leave the classroom and tell him in strong words that you can not change your teaching style.
- Ask him to meet you after the class in your chamber.
- Listen to the need of the class and promise to prepare the topic properly in future.
- Ignore him and continue with your lecture.

15. As the CEO of the company you are involved in a meeting with the union leaders
on their pending demands. During the meeting one of the leaders shout at you saying that you are a big liar and levels serious allegations of corruption and favoritism against you. You are very upset. How will you react to the remarks of the union leader?

- Just ignore what he said, continue with the discussion and listen to their demands with a cool frame of mind.
- Suspend him from the job.
- Cancel further negotiations and ask him to apologize first.
- Advise him not to make personal remarks.
- Leave the room after assigning the responsibility to your subordinate to continue with the negotiation