

Part- 1

**SIGNIFICENCE OF SMRTI ACCORDING TO PATAÑJALI YOGA SUTRA AND ITS  
CORELATON WITH BRAIN WAVE COHERENCE**

Part- II

**EFFECT OF INTEGRATED YOGA MODULE ON BRAIN WAVE COHERENCE IN NORMAL  
HEALTHY VOLUNTEERS**

**Dissertation Submitted by**

**V SELVI**

## **ABSTRACT**

Authority or the testimony of the reliable person and scriptures forms the bases of philosophy.

The ability to remember and forget is one of the most complexes and fascinating functions of the brain. It is well known that स्मृति (SMṚTI) or memory lapses are extremely selective; we remember some things and forget others. As regards the means of memory there is great divergence among the different systems of philosophy.

Patañjali says the process by which thoughts which have been experience are retrieved is memory. स्मृति acts as an obstacle in the path of achieving peace of mind says Patañjali.

