

## ***Yoga nidra and its impact on student's well being***

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The present study aimed, at finding out the effect of **Yoga nidra** on stress, anxiety and general well being on college going students. The study was conducted at the yoga clinic of **Dev Sanskriti Vishwavidyalaya**. Practice time was 30 minutes the duration was 6 months. 40 students were taken from P.G. yoga classes for observing the effect as well as 12 was in control group. The result shows a significant change as yoga nidra positively decrease the stress level of the subjects whereas no significant change seen in anxiety level. As well as yoga nidra positively increase the general well being of the subjects.