

people, 2232 has completely harm houses, 154 extensions get harmed , 1520 streets get harmed and 4200 towns were influenced .

As indicated by information discharged by the Delhi government, of the complete 772 individuals from Delhi who went to Kedarnath for journey, just 80 have returned, while 692 are either abandoned in the slopes or missing. The survivors are experiencing mental injury, melancholy, a sleeping disorder and other rest issues. The individuals who have lost their relatives are having bad dreams, episodes of outrage, gloom and self-destructive considerations," said Dr Sunil Mittal, executive Delhi Psychiatric Center (Chandra, Mail Online India, 24 June 2013) .

Specialists state all survivors may require guiding. Counseling specialist Dr Sanjay Kumavat stated, "The greater part of the survivors, who saw their friends and family being washed away or saw individuals biting the dust will be experiencing post-horrible pressure issue" (Menon, Mid-day News, June 23, 2013) . The National Institute of Mental Health and Neuro-Sciences (Nimhans), Bangalore, have gone over in the wake of addressing overcomers of Uttarakhand floods.

The nine-part Nimhans group in Badrinath is a piece of the NDMA activity, presently working among the individuals in Badrinath's Pandukeswar, Hanuman Chatti, Govindghat and other influenced towns. The NDMA rules center around "a wide scope of psychosocial and psychological well-being issues" emerging in the result of catastrophes with the point of "helping people, families and gatherings revamp human limits and reestablish social attachment". Sources in Badrinath said more than 80 ladies were being given advising that would for the following three months (Chakraborty, The Telegraph, third July 2013) .

Post-horrible pressure issue (PTSD) is a turmoil that creates in certain individuals who have encountered a stunning, frightening, or perilous occasion. It is normal to feel apprehensive during and after a horrendous circumstance. Dread triggers many split-second changes in the body to help shield against risk or to dodge it. This "battle or-flight" reaction is an average response intended to shield an individual from hurt. Almost everybody will encounter a scope of responses after injury, yet the vast majority recuperate from introductory side effects normally. The individuals who keep on encountering issues might be determined to have PTSD. Individuals who have PTSD may feel pushed or terrified in any event, when they are not at serious risk. Post-awful pressure issue (PTSD) is a tension issue.

It can create following an awful accident that compromises security or causes to feel powerless. PTSD is a genuine conceivably incapacitating condition that can happen in individuals who have encountered or seen a catastrophic event, genuine mishap, fear monger occurrence, abrupt demise of a friend or family member, war, fierce individual ambush, for example, assault, or other perilous occasions. PTSD grows uniquely in contrast to individual to individual. PTSD most normally create in the hours or days following the horrible accident, it can once in a while take weeks, months, or even a very long time before they show up.

The vast majority who experience such occasions recuperate from them, however individuals with PTSD keep on being seriously discouraged and on edge for quite a long time or even years following the occasion. Ladies are twice as prone to create posttraumatic stress issue as men, and youngsters can likewise create it. PTSD regularly happens with sorrow, substance misuse, or other uneasiness issues. Few out of every odd damaged individual creates continuous (incessant) or even present moment (intense) PTSD. Not every person with PTSD has experienced a risky occasion. Side effects of PTSD regularly start inside a quarter of a year of the occasion. Now and again, be that as it may, they don't start until some other time.

Manifestations of PTSD regularly are gathered into four principle classifications, including:

- **Reliving:** People with PTSD repeatedly remember the experience through contemplations and recollections of the injury. These may incorporate flashbacks, mind flights, and bad dreams. They likewise may feel extraordinary pain when certain things help them to remember the injury, for example, the commemoration date of the occasion.
- **Avoiding:** The individual may avoid individuals, places, contemplations, or circumstances that may help the person in question to remember the injury. This can prompt sentiments of separation and segregation from loved ones, just as lost enthusiasm for exercises that the individual once delighted in.

- **Increased arousal:** These incorporate extreme feelings; problems relating to others, including feeling or demonstrating love; trouble falling or staying unconscious; crabbiness; upheavals of outrage; trouble concentrating; what's more, being "anxious" or handily alarmed. The individual may likewise endure physical manifestations, for example, expanded circulatory strain and pulse, fast breathing, muscle pressure, queasiness, and looseness of the bowels.

- **Negative Cognitions and Mood:** This alludes to contemplations and sentiments identified with fault, antagonism, and recollections of the awful accident. Little youngsters with PTSD may experience the ill effects of deferred improvement in regions, for example, latrine preparing, engine aptitudes, and language.

As per Sussane Babbel, PhD, MFT in physical brain science, "In 2003-two years after 9/11 in the USA- a magazine detailed that 'presumably, a large portion of the city's firemen have gone into treatment 6,100 formally dressed individuals got advising through the division. The division presently has 60 full-time instructors rather than the nine it utilized before September 11.'" The survivors of Uttarakhand floods are progressively helpless to PTSD as dominant part of them have lost their families, home and some have seen their friends and family biting the dust before them. Indeed, even the military and salvage laborers are defenseless against this tension issue (Gagan, Times of India, 2013, July 5). Bushra Baseerat (TNN 2013, Jun 28) announced that the casualties may have evaded passing however many Uttarakhand travelers who figured out how to get back are battling with bad dreams and fighting extreme injury in the wake of having seen individuals escaping, casualties and relatives said.

Yoga is a strategy that may have potential for improving the lives of individuals. Yoga is a specialty of life the executives and an all inclusive methods for self acknowledgment. Aurobindo (1999) characterizes yoga as "a useful control consolidating a wide assortment of practices whose objective is the advancement of a condition of mental and physical wellbeing, prosperity, internal congruity and at last an association of the human individual with the widespread and otherworldly presence". Yoga is an old order intended to carry parity and wellbeing to the physical, mental, passionate, and profound components of the individual (Iyengar, 1976) . Yoga is the study of human flawlessness. It is the methods by which an individual can achieve their fullest turn of events: physical, mental and profound. Pandit Shriram Sharma has given exceptionally viable strategy of Pragya Yoga Vyayam, which remember 16 asana for arrangement, Jyoti avtaran dhyana sadhana, Nadi Shoddhan Pranayam. Additionally give Sarvangasana, Shavasana and Om reciting. These practices are useful to Reliving from the side effects of PTSD and help in returning in an ordinary life. Ordinary act of Pragya Yoga Vyayam, pranayama and contemplation builds the enactment of the sensory system. With the assistance of these practices body figures out how to try to avoid panicking in unpleasant circumstances. By rehearsing yoga bundle individual can build up a condition of physical, mental and enthusiastic wellbeing.

The current examination was persuaded by the need to create successful yogic bundle for the PTSD of mass debacles.

TEST AND SAMPLING

- Total 40 examples.
- Sample will be chosen between the ages of 18 to 50 years.
- The test will be picked by the organization of

RESULT

The obtained data was analyzed in terms of mean, SD, 't' and is presented in the table is as follows:

Table 1: Significant difference between pre-test and post-test scores of PTSD Variable among Experimental group.

	N	Mean	SD	SED	r	t-value	Level of Significance
Pre	40	27.36	4.93	0.58	0.83	16.20	P<0.01
Post	40	20.21	4.15				

The mean worth got for trial gathering of pre-test was 27.36 after this, all examples in the exploratory gathering rehearsed yoga for multi month and after yogic practices assessment were done and the mean worth got for post-test was 20.21. The outcome shows the huge contrast in pre and post-test. The outcome shows the huge distinction among pre and post-test.

The outcome table uncovers that there was huge distinction in the pre-test and post test scores of trial gathering. The determined estimation of "t" is lower than its classified worth. Thus, it shows that there is a beneficial outcome of yoga on PTSD. Subsequently, based on the outcome the speculation "There will be no critical impact of Yoga Package on Posttraumatic Stress Disorder (PTSD) in the Survivors of 2013 Uttarakhand Flood Disaster" was dismissed.

CONVERSATION

Results uncovered that there is a noteworthy distinction between pre-test and post test score of trial gathering. The acquired estimation of t in trial bunch is "t=16.20" which is critical at 0.01 because of the act of yogic intercession. Along these lines, the act of yoga by tests may help them from coming out of PTSD's impact.

By the act of Yoga bundle; subjects attempted to improve their insight, state of mind and help them to assemble a constructive character. Subsequently, based on the outcome the theory of the investigation for example "There will be no huge impact of Yoga Package on Posttraumatic Stress Disorder (PTSD) in the Survivors of 2013 Uttarakhand Flood Disaster" was dismissed. The above table uncovers that on PTSD there has been huge improvement among the gathering.

Introduction to horrendous mishaps, for example, military battle, physical and sexual maltreatment, and cataclysmic event, can be identified with poor physical wellbeing. Posttraumatic Stress Disorder (PTSD) is additionally identified with medical issues. This reality sheet gives data on the connections between injury, PTSD, and physical wellbeing; explicit medical issues related with PTSD; wellbeing hazard practices and PTSD; components that help clarify how PTSD and physical wellbeing could be connected; and a clinical plan to address PTSD and wellbeing. A lot of exploration has discovered that injury effectively affects physical wellbeing. The relationship is most clear while looking at self-report of physical medical issues and injury experienced because of time in the military, rape, youth misuse, and engine vehicle mishaps. More noteworthy self-report of military injury, rape, youth misuse, and engine vehicle mishaps is identified with more noteworthy self-report of medical issues. Be that as it may, when wellbeing status is estimated by doctor determination, affiliations are not as predictable for military injury and rape in adulthood. There is, in any case, a likely relationship for overcomers of cataclysmic event. Two late investigations found that reports of youth misuse and disregard were identified with an expansion in doctor analyzed issues including malignant growth, ischemic coronary illness, and incessant lung malady. All things considered, a relationship exists between the experience of an injury and an expansion in usage of clinical administrations for physical medical issues. Yoga is considered as a powerful adjunctive treatment to improve PTSD. With the assistance of Pragma Yoga one can address their physical, mental just as their profound body as well. Pragma Yoga was given by Pt. Shriram Sharma Acharyaji. Pragma Yoga expels the physical and mental worry inside the body. Pragma Yoga fortifies all the joints of our body. Expanding the grease inside the joint of the body and evacuating within the nerves. Yoga is the best cure. It is exceptionally useful in keeping the body's inward organs sound. Pragma Yoga additionally upgrades self-assurance in you. By doing it, there is physical, mental and profound advancement inside you. It ought to be done calmly and accurately. Pranayama and Yoga brings dependability, quiets the psyche, improve blood course and fix misery, stress and nervousness which are extremely normal in PTSD.

Reciting of OM Mantra cleans the earth around the chanter and produces positive vibrations. The OM not just gives positive outcomes to the person who is reciting it however to the whole region any place its vibrations stream. It purifies atmosphere. It gets us a meditational state which gives profound unwinding. With the assistance of Om reciting focus increments. In one investigation the meditators indicated a

measurably noteworthy decrease in pulse during contemplation and Om reciting contrasted with the control time frame.

With the assistance of contemplation patients can adapt up to pressure and discouragement. Reflection gives harmony to the psyche. It quiets down thoughtful exercises like tension, fractiousness and so forth which is commonly basic face to face with dietary issue. By rehearsing contemplation there is a decrease in pulse was about 9% and diastolic circulatory strain was somewhat raised. Jyoti avtaran dhyan sadhana is generally excellent in improving once mental set. This contemplation is a shelter for despondency, nervousness and stress. Reflection starts parasympathetic exercises in the body which brings about coolness and serenity of the body. It additionally hinders the thoughtful action. Reflection improves serenity of the brain as well as create self-assurance and capacity to acknowledge our self. Through the consistent act of contemplation one can dispose of side effects of PTSD.

CONCLUSION

In the current investigation there is a huge improvement in the gathering subsequent to adjusting the yogic bundle. In spite of the fact that the example size is little still there is a positive effect in lessening PTSD in overcomers of Uttarakhand Flood Disaster.

Further investigation of an enormous example is important to affirm these results. The current examination uncovers that yoga is increasingly successful in the treatment of PTSD and it additionally improves personal satisfaction. Yoga treatment causes them to again back on the ordinary life. In this way, it very well may be reasoned that yoga is viable in rewarding PTSD.

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