

## AN EASY AND TIME-EFFECTIVE MIND-BODY TECHNIQUE FOR RELAXATION AND REJUVENATION

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*By taking inspiration from malajapa, an age-old spiritual practice, we are describing here a time-effective and easy-to-follow mind-body relaxation technique (MBRT). The MBRT method has been proven to be useful in inducing sleep or calmness among undergraduate and postgraduate students in the classroom. The EEG study with a single participant displayed a noticeable increase in delta waves and a decrease in the higher-frequency waves during the MBRT practice. MBRT may be followed as a short-duration technique for relaxation and rejuvenation.*

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