

**Part I**

**Concept of Mind and Mental Speed according to *Bhagavad Gītā***

**Part II**

**Promoting Speed of Response in University Students through Yoga**

Dissertation Submitted by

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**Abstract**

*Manas*, or mind is defined as a conglomeration of thoughts which respond to the input from the sense organs. The mind is our mental and emotional storehouse, which is governed by likes and dislikes, and which directs our actions <sup>[1]</sup>. The mind is an internal instrument (*antaḥkaraṇa*) and has four functional aspects: *manas* (perception), *buddhi* (intellect), *citta* (memory) and *ahaṅkāra* (ego, or I-sense) <sup>[2]</sup>

The concept of mind is understood in many different ways by many different traditions and animism to traditional and organized religious views, as well as secular and materialist philosophies. Most agree that minds are constituted by conscious experience and intelligent thought. Common attributes of mind include perception, reason, imagination, memory, emotion, attention, and a capacity for communication. A rich set of unconscious processes are also included in many modern characterizations of mind <sup>[3]</sup>