

**THE SECOND: OR  
THE LAST ELEMENTS  
OF THE YOGA**

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The Second: Or the Last Elements of the Yoga by Bissessur Nath Chandik

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**BISSESSUR NATH CHANDIK**

**THE SECOND: OR  
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THE SECOND

OR THE

LAST ELEMENTS

OF

**THE YOGA**

BY

BISSESSUR NATH CHANDIK

THE AUTHOR OF THE FIRST ELEMENTS OF THE YOGA.

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## P R E F A C E .

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MANY centuries ago, there was a time when our sacred Aryavarta stood foremost in the history of the world in all respects. It may be justifiably said that almost all the elements of the Western knowledge were derived from this country. The sacred Rishis of yore and the heroic Kings of the past, have done wonders which may be fully appreciated. The religious study of those days was such that it enabled the students to be admirably successful in all branches. The reason why people have now a days deteriorated, is, that they have much deviated from the path of their ancestors. The chief object with which the author recommends the book to the public, is, that they may at least catch a glimpse of the past glory. The reason why our ancients surpassed all the people of other nations, was, that they were familiar with important branches of knowledge, Yoga being one of them. As English is the prevailing language all over India, the author has expressed to the utility of the public, such of the elements of Yoga, as are fully verified in his personal experience. The book is priced at a low rate in order that it may be within the easy reach of all the classes of community.

THE AUTHOR.



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The following table shows the results of the experiment. The first column is the number of trials, the second column is the number of correct responses, and the third column is the percentage of correct responses. The data shows that the percentage of correct responses increases as the number of trials increases, indicating that the subject is learning the task.

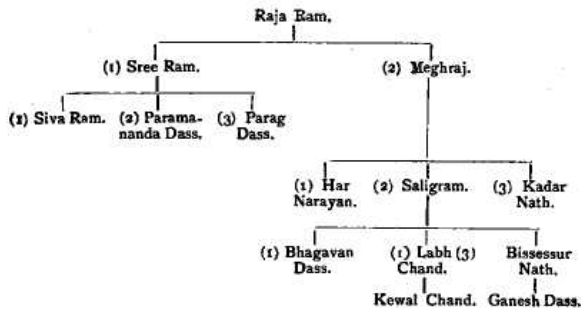
Number of Trials	Number of Correct Responses	Percentage of Correct Responses
10	5	50%
20	12	60%
30	18	60%
40	25	62.5%
50	30	60%
60	35	58.3%
70	40	57.1%
80	45	56.25%
90	48	53.3%
100	50	50%

The results of the experiment show that the subject's performance is stable, with a consistent level of accuracy across different trial counts. This suggests that the subject has reached a plateau in learning the task.

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## THE LIFE OF THE AUTHOR.

### GENEALOGICAL TREE.



Bissessur Nath Chandik was born on the 2nd Magh-sudhi, 1918, Samat Vikrami, in the house of Babu Saligram Chandik at Bickanir. He is Maheswari by caste. He was the third son of his father. When he was of 6 years of age, he was sent to the Pátásala of one Kalooram at Bickanir. In a month he learned all the characters of the alphabet and the arithmetical table. At the age of 7, he was obliged to go to Calcutta. In those days, the Railway system being too incomplete, he had to travel as far as Delhi on bullock carts and camels; on the way he had to surmount great many difficulties. His father who had been at Calcutta, came to meet him at Allahabad, where

both of them threw the bones of their ancestors, which they had formerly stored up, in the water of the Prayagji; and after having performed some religious ceremonies, he went along with his father to Calcutta. Within two years (*i.e.*, from his 7th to 9th year) he fully learned the language of Marwar. At the age of 9 years, he was taken as a candidate for the Post of a Cash-keeper in the firm of a certain gentleman at Calcutta. Within the age of 11, he completely learned the mercantile business. When he was of 11 years, he began to study English privately. Then he requested his father to send him to a public school. As his father did not comply with the request, he absconded to Allahabad, and after having stayed there for a short time, returned to Calcutta, where he was received with great joy by his father and mother, who were suffering from anxiety of mind in the meanwhile. Mr. John Hector, the then Deputy Secretary of the Bank of Bengal, and the patron of Saligram, asked the boy the reason as to why he ran away. The reply was that his father refused to send him to a school. Thereupon Mr. Hector proposed to Saligram that he would pay Rs. 50 a month from his own pocket and send the boy to a Boarding Christian School. Saligram being afraid that his son would lose his religion consented to send him to a public school at his own cost. So he was sent to St. Xavier's College, Calcutta, where he studied up to the commercial class. Then he joined in the Mirzapur Church Mission School, and was admitted in the preparatory class and he appeared for the Entrance Examination of the Calcutta University in 1877. In the same year, he married the daughter of one Jaganath Kotari of Bickanir at Calcutta. It is not out of place to note here that the Kotari family members have held high posts in the Bickanir Durbar. He was appointed as a Treasurer in the