

## **EFFECT OF SURYANAMSKAR, PRANAYAMA AND YOGASANAS TRAINING ON THE INTELLIGENCE OF SCHOOL GOING CHILDREN**

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*(Received January 24, 2011, accepted February 2, 2011)*

### **ABSTRACT**

*The purpose of the study was to find out the effect of suryanamskar, pranayama and yogasanas training on the intelligence of school going children. 154 subjects were selected for the study from the Aadarsha Vidhyamandir Chikhali Dist., Buldana of Maharashtra State. The subjects were learning in the standard 5th of the session 2006-07 and the same subjects learning in 6<sup>th</sup> standard of the session 2007-08. These subjects were divided into the Controlled group and Experimental group i.e. 84 in control and 70 in experimental group. The experimental group underwent training of the Uttejok Vyayam (warm-up exercises), before starting the Suryanamskar (smantrak), Asana (Padmasana, Paschimottanasana, Tadasana, Bhujangasana, Sarvangasana, Shavasana etc.), and Pranayam (Udgeeth [Omkar], Anulom Vilom, Bhramri etc.), irrespective of the routine classroom teaching program, each day in morning six-days a week for a total period of 10 months. The subjects of control group did not participate in the above program and kept busy with their interesting activities, separately during same period. Pre and post –test carried out with the help of the School Annual Examination results. The assistance of the physical education teachers and the class teachers of the school was taken to conduct the test. The following conclusions found after the study: (i) The Experimental group i.e. practicing Suryanamskar, Pranayam and Aasanas were good in their School results. And (ii) The training of Suryanamskar, Pranayam and Aasanas on school going children's of the same group shows remarkable change in the School result sheets compare to the control group. Though the t-test shows that there is no significant difference between the various Yogic practices of the school going children and their school results, but the mean and summation of the results shown that the experimental group were better in their intelligence as compare to the control group.*