

**EFFECT OF SIX WEEKS TRAINING PROGRAMME OF AUM CHANTING AND TRATAK ON CONCENTRATION ABLITY OF SCHOOL GOING GIRL'S**

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**ABSTRACT**

*The purpose of the study was to determine the effect of six weeks training program of AUM CHANTING and TRATAK on concentration ability of school going girl's. 60 girls aged 14+ were selected from Mody School, a division of Mody Institute of Education and Research, Rajasthan (INDIA). It was hypothesized that would be significant effect of six weeks training program of AUM CHANTING and TRATAK on concentration ability. The basic descriptive statistical parameters were calculated for all of the results, and the difference between the initial and final measuring was determined by 't' test. A statistically significant difference was found between the initial and final means of random number score for concentration ability of the experimental groups, as a result of six weeks training program the obtained 't' value 3.07 was more than the table value (2.04). Within the limitation identified and on the basis of the results of the study, it was concluded that six weeks training of AUM CHANTING and TRATAK has significant effect on concentration ability of school going girl's.*