

ABSTRACT

1. Title: Effect of Suryanamaskara on high school students on Improving memory and concentration.
2. Aim: To study 15 days Suryanamaskara practice increases memory and concentration in high school students.
3. Methodology: Eighty students of age group 14 to 16 were participated in this study. In both the groups there were 18 boys and 22 girls. The yoga intervention group consists of 18 male and 22 female with for intervention of Suryanamaskara. The control group consisted of 18male and 22femals. The study was conducted for 45minutes for each working day for 15 days. The test design consisted of between group design setup. The intervention consist of Loosing Practices for 15 minutes, Set of Suryanamaskara followed by Deep Relaxation Technique(DRT) for 10 minutes.
4. Results: The result showed statistically significant ($p < 0.05$) change in all scales which include WMS and SLCT. In both the group there were improvement but in yoga group there was more improvement in WMS which indicates that the memorizing capacity of students were highly increased in yoga group with the help of Suryanamaskara practice as compared to non-yoga group which was also undergoing same condition like yoga group.
5. Conclusion: Suryanamaskara helps to improve cognitive functions like memory and concentration if practice daily. Even it helps to improve blood pressure and flexibility of individual. This practice helps to increase the memorizing capacity of students which helps students to improve their memory and will result in scoring good in their exam.
6. Key words: Suryanamaskara, memory, concentration, SLCT, WMS.