

## **ABSTRACT**

### **IMMEDIATE EFFECT OF YOGA PRACTICE DONE BY EYES CLOSE, EYES OPEN AND BASELINE CONDITION ON REACTION TIME ON MALE SUBJECTS**

**OBJECTIVES:** To compare the effect of eyes closed with eyes open and baseline on reaction time with Male yoga practitioners.

**METHODS:** Thirty Male Undergraduate and Postgraduate students with age range 18 – 45 years from University SWAMI VIVEKANANDA YOGA ANSANDHANA SAMSTHANA, Bangalore, and Karnataka. Participants were students who are pursuing BSC and MSC Degree. We excluded participants who were not regular practitioners of Yoga. Participants were given a set o Asana practice and followed by a computer based test: Flanker test.

**RESULT:** That there was a significant change in RT from baseline to open eyes condition and baseline to close eyes condition. Yoga is very effective in reducing the reaction time.

**CONCLUSION:** All the three condition were compared in all five noise condition and three spacing condition and the result was found that reaction time is more for the baseline condition and open eyes condition than closed eyes for all the conditions. Hence, reaction time significantly decreases when yoga is practiced with closed eyes in male.

**KEY WORDS:** Flanker test, Eyes open, Eyes close, Reaction time.