

ABSTRACT

To assess the immediate effect of yoga practice done with eyes closed with eyes open and baseline condition on reaction time with female sample. Thirty female participants with age range 18 to 45 years were recruited from SVYASA University, Bangalore. Subjects were the students pursuing BSC and MSC degree from this college. Participants had to complete the Flanker task on their first visit to the lab without any intervention. On the second day, subject had to practice a set of 9 asana (either with eyes open or close) and perform the same test. On their third visit, subject had to perform the same set of asana (if on second day performed with close eye then third day open eyes) followed by the Flanker task. The result showed 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.

Key Words: Flanker task, eyes open and close.