

## ABSTRACT

### **Introduction:**

Attention is an important component in cognitive function. This involves visual perception, visual discrimination and visual memory while performance a neurocognitive task. There is two important component in visual perception i.e., visual acceptance and visual cognitive. Neuroimaging studies reported that these process involves the interaction between the frontal lobe and parietal lobe in the human brain.

Recent studies suggest that yoga practice may improve cognitive functioning. Although preliminary data indicate that yoga improves working memory (WM), high-resolution information about the type of WM subcontracts, namely maintenance and manipulation, is not available. Furthermore, the association between cognitive enhancement and improved mindfulness as a result of yoga practice requires empirical examination. The aim of the present study is to assess the impact of a yoga practices in male adult students on their performance in motor free visual perception test.

### **Aim:**

The present study was intended to compare the performance on motor free visual perception in yoga male students and non-yoga male students.

### **Methodology:**

Total Sixty healthy male studentes age range 18-28 years, Thirty yoga male (Raw score mean $\pm$ SD 38.56 $\pm$ 3.26, Standard mean $\pm$ SD 140.70 $\pm$ 12.19) and thirty non yoga male (score mean $\pm$ SD 32.36 $\pm$ 4.64, Standard mean $\pm$ SD 87.80 $\pm$ 12.86) \_fulfilling the inclusion and exclusion criteria recruited for Motor visual perception test intervention. Participants were assessed for visual perception on using motor free visual perception test.

**Data Analysis:**

The raw data was tabulated and statistical analysis was done using SPSS version 21.0. The data were checked for normality and independent sample t-test was employed to compare the means of both the groups.

For all analysis we present 95 percent confidence intervals and considered p-value <0.05 as significant.

**Result:**

The results of the present study showed that there was a significant difference in yoga group and control group. The results of yoga group participants showed higher strength in performing visual perception test which does not require motor involvement while performing visual tasks.

**Conclusion:**

In the present study, we compared the long term effect of yoga on students yoga practitioners (more than 1 year experience) performance in motor free visual perception test with control group(who never exposed to yoga before) .The results suggests that yoga practice help to improve visual perception processing speed for correct stimuli\ task immediate attention with lowered attention time the generalizability of the study is still need further investigation using recent modern technology as such functional near infrared spectroscopy fNIRS, electroencephalography and functional magnetic resonance imaging(fMRI).

**Key words:** Motor Free Visual Perception(MVPT4), Yoga, Attention,