

## ABSTRACT

**Background:** Over 250 million children around the world — in countries rich and poor — work and many of them are at risk from hazardous and exploitative labour. Denied education and trapped in cycles of poverty, their most basic rights, their health and even their lives are in jeopardy.(Bellamy, 1997). Being deprived of normal family children become vulnerable to the psychological and emotional problems. Yoga practice can be the optimistic measure to overcome psychological and emotional abnormality and to improve wellbeing of young rag pickers.

**Methods:** Samples of 62 children were taken from a NGO named Children Of Mother Earth between the age group of 8 to 13 years who are randomly allocated into yoga and physical training group. Yoga group has been given yoga practices for 30 days and the physical training group is given physical training for 30 days and assessment are taken in first day and last day.

**Setting:** Study was conducted on sixty two young rag pickers, Lucknow, India, between the periods of June 2016 to July 2016.

**Intervention:** 1 hour yoga practices are designed which is the combination of breathing, loosening, Surya Namaskara, asana along with pranayama practices followed by relaxation\meditation and yogic games. Physical training group 1 hour of exercise which included of jogging, twisting and games.

**Result:** The independent Sample T-test using SPSS showed no significant change in Between group's analysis. Though significant change was seen in the within group analysis of physical training group.

**Conclusion:** Doing any physical activity may it be yoga or physical training (PT) helps in maintaining good physical and psychological health.

**Keywords:** young rag pickers, psychological wellbeing, yoga, physical training