

ABSTRACT

Background

There is clear link between physical activities and health. Spending time on inactive activities such as using social media like facebook, instagram, playing video games and watching television and low parental education impact negatively on the physical health of children. Yoga along with kriya helps to maintain the health in students.

Objectives

To discover the effect of kriyā on body mass index (BMI) in school children.

To ascertain the effect of kriyā on flexibility in school children.

To determine the effect of kriyā on strength in school children.

To determine the effect of kriyā on peak flow rate (PFR) in school children.

Material and methods

Subjects for this study were recruited from global international school, Arya Nagar, Hisar (Haryana) who enrolled in 8th, 9th and 10th class and have received 21 days kriyā and asana orientation program with age between 13 to 16 years for subject (Y_K group = male =14,female=6,Y group=male =13,female=7,C group= male=14,female=6).

Conclusion

Research shows that yoga and kriyā effected significant positively on flexibility as compare to yoga and control group in between group comparison. In within group comparison there is significant increase in BMI in yoga group and control group. There is significant increase in flexibility in yoga and yoga kriyā group but there is no significant change in control group. There is significant change in strength in yoga kriyā and control group. For PFR there is significant change in all the three groups.

Key words: kriyā, yoga

