

ABSTRACT

1. Background

Yoga is an ancient Indian the technique to connect mind with body through breath Executive functions refer to cognitive processes that regulate, control, and manage other cognitive processes. It includes working memory, concentration span, scanning and retrieval of stored information and mental flexibility. According to HYP, kapalabhati is mainly for shining of forehead. Breath awareness and running also influence mental cognition.

2. Objectives

Evaluate the immediate effect of Kapalabhati, Breath awareness and running on executive function. The applicability and efficacy of these techniques in reducing stress, anxiety and increased vigor in adults and enhances pleasure in learning, academic performance, emotional physical health, and quality of life.

3. Material and methods

Recording of stroop color –word test was done in super-lab software which was connected with LCD monitor inside the dark room and recording were measured in millisecond. At first Five minutes baseline was given. The participant sits on a comfortable seat with closed eyes and relaxed for five minutes and then reading of stroop color-word were obtained before the intervention, by super lab software. After that The researcher conduct a session of kapalabhati, running and breath awareness for 15 minutes in the interval of 5 minutes. And finally the stroop color- word reading was measured again.

4. Result

Improvement on executive function after the intervention of kapalabhati, Brearth awareness and running.

5. Conclusion

The present study showed an improvement in executive performance immediately after the intervention. This suggest that a brief Kapalabhati, running and breath awareness session ha a potential to improve attention performance by enhancing effective learning, sustained attention and memory processes

Key words: Kapalabhati, Bretha awareness, Running, Improve executive function.

